

Giro Aries Spherical

Giro Aries Spherical Bike Helmet User Manual

Model: Aries Spherical

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1. INTRODUCTION

This manual provides essential instructions for the proper use, fitting, and maintenance of your Giro Aries Spherical Bike Helmet. Please read this manual thoroughly before using your helmet to ensure optimal safety and performance.

The Giro Aries Spherical helmet is engineered for comfort and protection, featuring Spherical Technology powered by Mips, Progressive Layering with Nanobead EPS foam for superior energy management, and an advanced ventilation system with 24 Wind Tunnel vents and the AURA II Reinforcement Arch. The Roc Loc 5+ Air fit system ensures a secure and comfortable fit.

2. SAFETY INFORMATION

WARNING: No helmet can protect the wearer against all foreseeable impacts. For maximum protection, the helmet must fit properly and all retention straps must be securely fastened. This helmet is designed for cycling use only. Do not use for motor sports or other activities.

- Always wear a helmet when cycling.
- Ensure the helmet fits snugly and comfortably on your head.
- Never wear a helmet that has been involved in an impact, even if there is no visible damage. Replace it immediately.
- Do not modify or remove any original components of the helmet.
- Clean the helmet only with mild soap and water. Solvents and petroleum products can damage the helmet.

This helmet complies with U.S. CPSC Safety Standard for Bicycle Helmets for Persons Age 5 and Older, and CE EN1077.

3. SETUP AND FIT

Proper helmet fit is crucial for safety and comfort. Follow these steps to ensure your Giro Aries Spherical helmet fits correctly.

3.1. Measuring Your Head

To determine the correct helmet size, measure the circumference of your head. Use a flexible measuring tape, keeping it just above your ears and eyebrows, and level from front to back. Refer to the size chart below to find your recommended size.



Image: Front-side view of the Giro Aries Spherical Bike Helmet in Canyon SRAM Team LE color scheme. The helmet features multiple vents and a sleek, aerodynamic shape.

Size Guide: US Aries Spherical Adult Road Bike Helmet

Brand Size	Head Circumference (in)
S	20.1 - 21.7
M	21.7 - 23.3
L	23.2 - 24.8
XL	24.8 - 25.6

3.2. Trying On the Helmet

Place the helmet on your head. It should feel snug but comfortable, with the front resting just above your eyebrows. The helmet should not rock excessively from side to side or front to back.



Image: Side view of the Giro Aries Spherical Bike Helmet, showcasing the Mips Spherical technology sticker and the Roc Loc 5+ Air fit system at the rear.

3.3. Adjusting the Straps and Fit System

Adjust the side straps so that the strap joint sits comfortably under your ears, forming a 'V' shape. Ensure there is no slack in the straps. Then, adjust the chin strap so it is snug against your jaw and neck, allowing you to open your mouth to eat and speak without the helmet moving excessively.

Use the Roc Loc 5+ Air fit system dial at the back of the helmet to tighten or loosen the internal retention system. Turn the dial clockwise to tighten and counter-clockwise to loosen. The helmet should fit snugly without causing pressure points or discomfort.

3.4. Checking the Fit

Once adjusted, twist the helmet lightly to the left and right. It should move with your head, not independently. Next, try to roll the helmet forward and backward. It should not roll off your head or block your vision. If the helmet moves too much, re-adjust the straps and fit system.

3.5. Official Helmet Fitting Guide Video

For a visual guide on how to properly fit your Giro helmet, please watch the video below:

Your browser does not support the video tag.

Video: "How to Fit a Giro Bike Helmet" by New Day Sports. This video demonstrates the five steps to achieve the right fit for a Giro bike helmet, including measuring, trying on, adjusting straps and fit system, checking the fit, and taking a test ride.

4. MAINTENANCE

4.1. Cleaning

Clean your helmet regularly with a soft cloth, mild soap, and water. Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the helmet's materials and protective properties.

4.2. Storage

Store your helmet in a cool, dry place away from direct sunlight and extreme temperatures. Do not store it near heat sources or in areas where it could be exposed to chemicals.

4.3. Inspection

Regularly inspect your helmet for any signs of damage, such as cracks in the shell or foam, frayed straps, or broken buckles. If any damage is found, replace the helmet immediately. Even if there is no visible damage, a helmet that has sustained an impact should be replaced.

5. SPECIFICATIONS

- **Brand:** Giro
- **Model Name:** Aries Spherical
- **Shell Material:** Polycarbonate (PC), Acrylonitrile Butadiene Styrene (ABS)
- **Impact Management:** MIPS Spherical, dual density nanobead EPS
- **Ventilation:** 24 Wind Tunnel vents
- **Fit Adjustment:** Roc Loc 5+ Air
- **Inner Material:** Foam
- **Item Weight:** 275 Grams
- **Certifications:** Complies with U.S. CPSC Safety Standard for Bicycle Helmets for Persons Age 5 and Older, CE EN1077
- **Recommended Uses:** Cycling
- **UPC:** 196178211369
- **Part Number:** 7177148

6. WARRANTY AND SUPPORT

For warranty information, product support, or to address any questions regarding your Giro Aries Spherical Bike Helmet, please refer to the official Giro website or contact their customer service directly. Keep your proof of purchase for warranty claims.

If you are unsure about the fit or condition of your helmet, or have questions about its features, please consult your retailer or contact Giro customer service for assistance.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question