

POC Cularis

POC Cularis Bicycle Helmet Instruction Manual

Model: Cularis

1. INTRODUCTION

The POC Cularis MIPS is an ultralight trail and cross-country mountain bike helmet designed for advanced protection, efficient airflow, and all-day comfort. It features integrated MIPS Air Node rotational protection to help reduce rotational impact forces and offers extended coverage around critical areas such as the temples and back of the head. The helmet's ventilation system is optimized using computational fluid dynamics (CFD) modeling, ensuring continuous airflow and efficient heat exchange during rides.

An adjustable breakaway peak protects against sun, rain, and mud, and is designed to detach in a crash to help reduce neck forces. Practical features include a Fidlock® magnetic buckle for effortless one-handed closure and an 'Eye Garage' for secure storage of sunglasses mid-ride. The 360° adjustable fit system, combined with a lightweight PC shell and EPS liner, ensures a secure, personalized fit and enhanced comfort.



Image 1.1: Front view of the POC Cularis Helmet.

2. SAFETY INFORMATION

Important Safety Warning: This helmet should not be used by children while climbing or doing other activities where there is a risk of strangulation or hanging if the child gets trapped with the helmet. For maximum protection, the helmet must be fitted and attached properly to the wearer's head in accordance with the manufacturer's fitting instructions.

This helmet complies with one or more of the following safety standards:

- U.S. CPSC Safety Standard for bicycle helmets for persons age 5 and older.
- EN1078:2012+A1:2012
- AS/NZS 2063:2008
- AS/NZS 2063:2020

The integrated **MIPS Air Node** system is designed to add protection against rotational motion transferred to the brain from angled impacts to the head. No helmet can protect against all foreseeable impacts. Always ride within your limits and wear appropriate safety gear.



Image 2.1: Product label showing safety standards and MIPS technology.

3. SETUP AND FITTING

3.1 Initial Fit Adjustment

The Cularis helmet features a 360° adjustable fit system to ensure a precise and secure fit. To adjust, place the helmet on your head and turn the dial at the back of the helmet clockwise to tighten, or counter-clockwise to loosen, until the helmet feels snug without being uncomfortably tight. The helmet should sit level on your head, covering your forehead without obstructing your vision.



Image 3.1: Interior view highlighting the 360° fit adjustment system.

3.2 Strap Adjustment and Fidlock® Buckle

Adjust the chin straps so that they form a 'V' shape just below your ears. The straps should be snug against your face but not restrict movement or cause discomfort. The Fidlock® magnetic buckle provides easy and secure fastening. To close, bring the two parts of the buckle together; they will snap into place magnetically. To open, slide the buckle parts apart horizontally.

3.3 Visor Adjustment

The helmet features an adjustable breakaway peak. This visor can be moved up or down to shield your eyes from sun, rain, or mud. In the event of a crash, the visor is designed to detach to help reduce forces on the neck. Adjust the visor by gently pushing or pulling it to the desired position.

4. OPERATING THE HELMET

4.1 Wearing the Helmet

Always ensure the helmet is worn correctly before riding. It should be level on your head, with the front edge approximately one to two finger-widths above your eyebrows. The chin strap should be securely fastened, and the helmet should not move excessively when you shake your head.

4.2 Eye Garage Functionality

The 'Eye Garage' is a dedicated area designed to securely store your sunglasses when not in use. Simply slide the arms of your sunglasses into the designated vents on the helmet for stable storage during your ride.

5. MAINTENANCE AND CARE

5.1 Cleaning the Helmet

- **Shell:** Clean the helmet's exterior with a soft, damp cloth and mild soap. Avoid harsh chemicals, solvents, or abrasive cleaners, as these can damage the helmet's materials and protective coatings.
- **Pads:** The internal padding can be removed and hand-washed with mild soap and water. Allow to air dry completely before reinserting into the helmet.
- **Straps:** Clean straps with a damp cloth and mild soap. Ensure they are dry before use.

5.2 Storage

Store your helmet in a cool, dry place away from direct sunlight and extreme temperatures. Avoid storing it near heat sources or chemicals. Use the provided helmet bag for protection against scratches and dust.

5.3 Inspection

Regularly inspect your helmet for any signs of damage, such as cracks in the shell or liner, frayed straps, or damaged buckles. If the helmet has sustained an impact, even if no visible damage is present, it should be replaced immediately. Helmets are designed for single-impact protection.

6. TROUBLESHOOTING

- **Helmet feels loose or moves excessively:** Re-adjust the 360° fit system dial at the back of the helmet. Ensure chin straps are snug and properly positioned.
- **Helmet feels too tight or uncomfortable:** Loosen the 360° fit system dial. Check for any pressure points and ensure padding is correctly seated. If discomfort persists, the helmet size may be incorrect.
- **Visor detaches easily:** The breakaway visor is designed to detach upon impact. If it detaches too easily during normal use,

ensure it is properly seated in its mounts.

- **Fidlock® buckle not engaging:** Ensure both parts of the buckle are clean and free from debris. Bring them together firmly until the magnets engage.

7. SPECIFICATIONS

Feature	Detail
Brand	POC
Model Name	Cularis
Model Number	10591
Color (Current Variant)	Hydrogen White/Uranium Black Matt
Size (Current Variant)	M (55-58cm)
Age Range	Adult
Outer Material	Polycarbonate (PC)
Inner Material	Expanded Polystyrene (EPS)
Special Features	MIPS Air Node, Optimized Ventilation, Adjustable Breakaway Peak, Fidlock® Magnetic Buckle, Eye Garage, 360° Fit System
Recommended Uses	Cycling (Trail, XC, All-Mountain)
Item Weight	0.5 Kilograms
Item Dimensions	13.39 x 8.66 x 9.45 inches

8. WARRANTY INFORMATION

The POC Cularis helmet comes with a **2-Year Manufacturer Warranty**. This warranty covers defects in materials and workmanship under normal use. It does not cover damage resulting from misuse, accidents, modifications, or normal wear and tear. Please retain your proof of purchase for warranty claims.

For detailed warranty terms and conditions, please refer to the official POC website or contact customer support.

9. SUPPORT

If you have any questions, concerns, or require assistance with your POC Cularis helmet, please contact POC customer support through their official website. You can typically find contact information, FAQs, and additional resources on the manufacturer's support pages.

[Visit the official POC website for support](#)

