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Nerv Light 2 owner's manual

We are happy that you have chosen a helmet by Icaro2000, designed to offer the greatest possible protection, comfort and style in your favourite sport.

This high-quality, certified product is accompanied by a manual that provides details on specifications, personalisation, use and care. We recommend reading the manual to optimize the helmet's performance.

We have decided to help the environment by not printing the manual. You can find the latest version of this document online at the following link:

<https://bit.ly/3FAcRUW>

You will also find a link to this document on our website www.icaro2000.com, at the page for the helmet you have just bought.

Or scan the QR code below using your mobile device:



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Icaro 2000 congratulates you on your purchase of **Nerv Light 2**, a product designed for canoeing and white water sports. More specifically, we have focused on reducing the weight of Nerv Light 2 in order to increase ease of movement. Its low weight – just 390 grams – and certified protection also make it suitable for other land and water sports. Like Nerv 2.0, its features include an **inner cap** in the high-tech fabric **Coolmax**. Sizes are optimized both by the **internal padding cap** and Icaro's ESR, **Elastic Size Regulator**. Characteristics shared with all Icaro's products are the Italian design, the appealing style and colours, and the quality of a helmet made exclusively in Italy.

The principal purpose of our helmets, **safety**, has been achieved without sacrificing comfort or aerodynamic performance, by virtue of the innovative technology that we have applied.

All new Icaro 2000 helmets are tested by CSI (an organization authorized by the Italian Ministry of Transport and recognized by German certification association TÜV). Nerv Light 2 has obtained **EN 1385 certification** (helmets for canoeing and white water sports).

Icaro 2000 recommends the use of certified helmets only.

Our network of distributors worldwide ensures the availability of parts and service wherever you practice your sport.

For further information or service, please consult your nearest Icaro 2000 retailer, or contact the company direct at:

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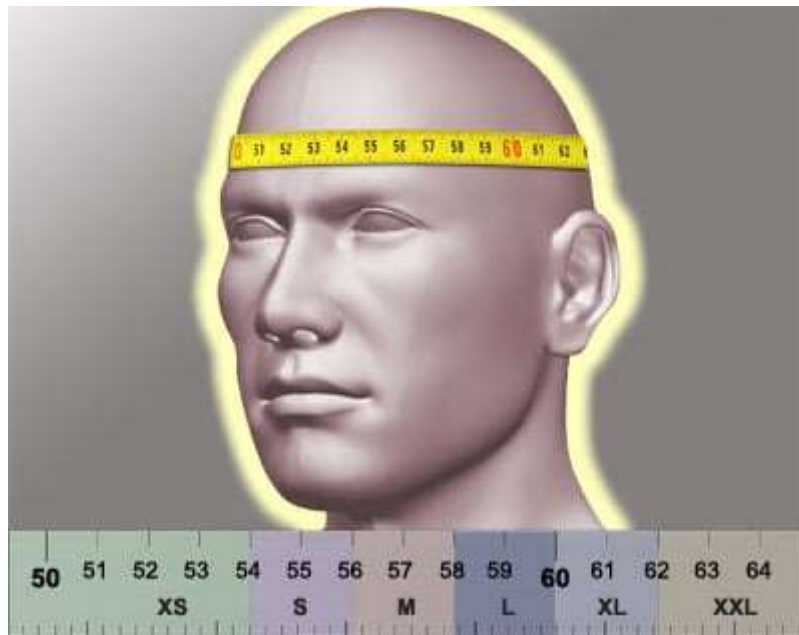
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General information

Choosing and purchasing a helmet

When you purchase a helmet, the most important moment is choosing the **right size**. If you have never purchased a helmet, you probably don't know your own size. The size of a helmet is specified by the **inner circumference** of the internal padding. The size number therefore corresponds to the head circumference in centimetres.



Take your time when choosing a helmet. Try several, and follow these criteria:

Put the helmet on and fasten the strap:

- The helmet should not be so loose that it moves around, but neither so tight that you can feel a continuous pressure on your head
- A helmet that is too large may slide down and obstruct your eyes
- Try to pull it off, moving it back and forth: if it tends to slip off or move around, it is too large
- Lean your head forwards, grip the helmet's rear edge, and try to pull the helmet off. If the helmet slides off, it is not suitable for the shape of your head.
- For **Nerv Light 2**, there are **two sizes** of the **internal Coolmax padding cap**, one larger for the sizes 59-61, and a smaller version for sizes 54-58. Size can be further adjusted using the ESR (**Elastic Size Regulator**) at the back of the helmet.

If, while trying on the helmet, it does not perform satisfactorily for just one of these criteria, you should try another size or another model.

When compared with the jet (open-face) helmet, a full-face helmet also guarantees protection for the chin area. Consider this carefully when you are choosing your helmet.

Never purchase a second-hand helmet, even if the price is good. There is no way of discerning its real conditions (whether it has been involved in an accident, etc.).

Structure of the Nerv Light 2 helmet

Outer shell

Nerv Light 2 is made with an outer shell in 3mm polycarbonate, giving it **high perforation resistance, strength, elasticity, and lightness.**

Crushable foam inner shell

Nerv Light 2 has an **inner polystyrene shell** with a thickness designed to maximize the **safety** and **protection** provided by the helmet. It has been made even lighter by means of carefully-engineered perforations, and a ribbed design that also contributes to ventilation.

The inner shell can be damaged even by a minimal impact, and in this case the helmet should be replaced. This is part of the helmet's intrinsic protective role. In fact, polystyrene is easily deformable, and in this context its function is to **absorb shock** by means of deformation and/or partial destruction. A more rigid material would not have the effect of dissipating impact energy, and so it would transmit all the shock energy to the head.



Comfort lining

Nerv Light 2 has a comfort lining comprising a **cap** in the high-technology fabric **Coolmax**, which increases comfort by wicking perspiration away from the head and enabling it to evaporate rapidly, keeping you cool and dry. Every Nerv Light 2 helmet has a label that guarantees the use of this famous new textile, which is also soft to touch and so makes the product even more comfortable.



2 caps are available:

- Large = sizes 59-61
- Small = sizes 54-58

The cap is quick and easy to change for a better fit. If the helmet is not a perfect fit, we can send you new padding free of charge, independently from where you bought the helmet. Another important benefit of this internal padding system is that you can easily remove it and replace it with new padding, or simply wash it.

Elastic Size Regulator (ESR)

Nerv Light 2 is fitted with Icaro's new **ESR Elastic Size Regulator**. This system adjusts the helmet's fit to perfection. What's more, it only has to be adjusted once, the first time that you wear your helmet. From then on, the Elastic Size Regulator activates automatically every time you put on your helmet, ensuring that it is a snug, comfortable fit. The occipital band that passes around the back of your neck can also be adjusted in height for optimum helmet position regulation.



We introduced the ESR Elastic Size Regulator as an improvement on the Rotary Size Regulator that is a popular feature of some other Icaro2000 helmets. The rotor makes it quick and easy to adjust fit, but usually the operation has to be performed every time you put your helmet on. The ESR Elastic Size Regulator is fully automatic, and with the extra width of the occipital strap, it ensures even better comfort. It is designed to provide perfect automatic regulation from size S (54 cm) to L (61 cm). The height of the regulator on the nape of the neck can also be easily adjusted.



Micrometric chin strap

The chin strap has a **quick fastening system**, with a slider that is inserted into the buckle by pressing the red button, choosing the preferred position before releasing the button. The strap can be **adjusted in length** by sliding up the padding cover to expose the canvas strap that loops through the buckle. Simply adjust the length of the strap and then slide it back into the padding cover. On both sides of the helmet straps, there is a snap buckle that enables the angle of the chin strap to be adjusted by regulating the front and back straps on each side. The strap system is designed for controlled breakage in the case of impact.

The chin strap is padded with soft, comfortable fabric.



Shell edge trim

Instead of the usual rubber edge trim, we have developed a method of stitching a strip of material all the way around the helmet.



Technical specifications

- **Weight:**
 - Nerv Light 2 helmet: 390 grams

- **Sizes:**
 - Nerv Light 2 is available with **two Coolmax caps**, ensuring a perfect fit for the head.
 - Large = sizes 59-61
 - Small = sizes 54-58

Certification

Nerv Light 2 was tested by the Italian testing laboratory CSI, an Italian laboratory authorized by Italy's Ministry of Transport. Its certification is **EN 1385** (Helmets for canoeing and white water sports).

Using the helmet

Once you have **chosen** the most suitable helmet, make sure that you **wear it correctly**. For safety, it should always fit snugly, and the strap should be tightly fastened.

A helmet will never be able to guarantee total protection for the head when subjected to the forces produced by whatever type of impact. However this is no excuse to forego wearing a helmet. You should **always wear your helmet**, in order to exploit the protection that it provides, whatever impact may occur.

4 things that you should never forget

1. **Before using the helmet**, read all the instructions, and follow the suggestions carefully to ensure a correct fit.
2. **Do not use the helmet without fastening the strap**. An unfastened helmet will fall off during the first impact, leaving the head unprotected for successive impacts. There is also the risk of it falling off during flight.
3. **Do not** fasten the helmet **using just the Velcro**. The Velcro that may be present on the strap serves purely to stop it flapping in the wind.
4. **To ensure maximum performance, never modify your helmet, whatever the circumstances.**

In case of accident

- If the accident happens to you:
 - The inner shell will be deformed – though the deformation may not be visible to the naked eye – because it has absorbed the impact.
 - **After an accident, even if the impact was minor, the helmet should be replaced, regardless of whether there is visible damage or not.**
- If you witness an accident:
 - Keep calm.
 - Report the accident immediately, if possible by phoning for an ambulance (dial 118 in Italy). Only medically-qualified personnel know exactly how to deal with injuries.
 - Never move an injured person, unless this is absolutely essential because of a situation of greater danger.
If the spinal column is damaged, moving the injured person could harm the spinal cord, causing permanent paralysis.
 - If the victim is wearing a helmet, do not remove it, but open the visor to facilitate breathing.
 - Keep the victim calm, and, if possible, cover him or her. Shock provokes shivering and a sensation of cold.
 - Do not give the victim alcoholic drinks.
 - Stem the flow of blood from wounds, protecting your hands with gloves or similar, throwing them away later if they have been soiled with blood. Do not apply tourniquets: if you place a tourniquet in the wrong position, you could worsen the situation.
 - Never put the victim into a private car. Wait for the ambulance. If the victim is conscious, talk to him or her and try to calm him or her down.

Helmet maintenance

The helmet protects your head, and so it should be **treated with care**.

The helmet can be **seriously damaged by**:

- Paints and varnish
- Petrol
- All types of chemical solvent
- Excessive heat (do not leave your helmet exposed to the sun)
- Inappropriate modifications

Scrupulously follow the instructions provided by the manufacturer.

If you think that the helmet that you have chosen is not right for the shape of your head, replace it... and this time choose more carefully!

A helmet does not have a fixed lifespan. However, it is a good rule to replace it after five years of correct use.

Important!

- **THE EXTERNAL SHELL OF THE HELMET SHOULD NEVER BE ALTERED IN ANY WAY.**
- **INTERNAL POLYSTYRENE PARTS SHOULD NEVER BE MODIFIED OR REMOVED.**
- **NEVER APPLY PETROL, DILUENTS, TOLUENE OR OTHER SOLVENTS OR CHEMICAL SUBSTANCES TO ANY PART OF THE HELMET.**

Personalization

Size regulation using the Elastic Size Regulator

The Icaro Elastic Size Regulator is easy to adjust. Detach the Coolmax cap from the Velcro at the sides to expose the Velcro straps of the Elastic Size Regulator, and adjust its position using the Velcro. Reposition the Coolmax cap, try on the helmet, and repeat adjustment as necessary. This operation has to be performed just the first time that you put on your helmet.

Removal and reassembly of internal padding

Do not use sharp or pointed tools such as screwdrivers, in order to not to scratch or damage the helmet and its structural components. The comfort lining of Nerv Light 2 can be removed without tools, in order to personalize the helmet's fit, or to wash the lining.



The **Coolmax** cap is fixed to the polystyrene inner shell by means of a series of Velcro strips. It is easy to remove. Just ensure that you **detach the cap from Velcro strips one at a time with care**. Don't pull the inner cap out from the helmet in a single movement.

Reassembly

To reassemble the lining, reverse the removal sequence, ensuring that the Coolmax cap is positioned centrally and symmetrically.

When you are sure that the cap is in the correct position inside the helmet, press the cap firmly onto the Velcro strips in order to fasten the lining.

Cleaning

External shell

- Use **only a damp microfibre cloth** for cleaning. If the external shell is soiled with mud, insects etc., soak a microfibre cloth with warm water, wring out excess water, place on the helmet and leave for a few minutes. This will loosen the grime. Use damp microfibre cloths to gently clean the outer surface of the helmet. Dry with a dry microfibre cloth. **Do not use solvents, chemicals or petroleum-based products** which may cause damage to the helmet's structure.

Internal parts

Interior polystyrene

- Use **only a damp cloth**.
- Leave to **dry** at room temperature, protected from direct sunlight.

Comfort lining

- Hand-wash carefully, using just water at maximum 30° C and **neutral soap**.
- Rinse in cold water.
- Leave to **dry** at room temperature, protected from direct sunlight.

Important information

- **Never fly without a helmet**
 - Your life is too precious to risk losing it just because you have forgotten something.
- **Use only a helmet with EN certification**
 - European EN certification was developed specifically for various activities in order to offer the best possible protection
 - All our helmets are constructed in accordance with the regulations contained in the respective EN standard
 - Never trust a helmet that has no label guaranteeing EN certification
- **We recommend the use of a full-face helmet**
 - A full-face helmet offers improved protection in every situation.
- **Never modify your helmet for whatever reason**
 - Modifications could reduce the level of protection, and could annul the helmet's certification.
- **Never use headphones under the helmet**
 - Any rigid components placed inside the helmet, between polystyrene lining and the head, could become percussive and damaging elements.
- **Always ensure that the chin strap is tightly fastened**
 - If you keep your helmet in your backpack, don't sit on it.
 - Ensure that the helmet never falls to the ground or the floor.
 - Handle the helmet with great care at all times.
 - After an accident, even when the impact is minimal, the helmet should be replaced, regardless of whether there is any visible damage or not.
- **Helmets and action cameras**

Many pilots mount an action camera onto their helmets in order to record their adventures. It is important to remember that **any object projecting for more than 5 mm above the level of the outer shell annuls the helmet's certification**, just as for any other modification that is not specified in the user manual. The reason for this is that an object mounted onto the external shell could

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become a percussive element that concentrates force onto a small area. Therefore, it is potentially dangerous and reduces the level of protection that the helmet can provide. Considering that even the most compact action camera projects at least 30/40 mm from the helmet’s outer shell, there is no doubt that a helmet equipped with this sort of device can no longer be considered as compliant with its respective certification. For this reason, because we at **Icaro2000** wish to offer the highest possible level of protection for our customers, we recommend **not fitting action cameras** or other devices onto the outer shell of a helmet.

Icaro 2000 wishes you happy and safe sports enjoyment.

Icaro 2000 is committed to the ongoing development of its technology, and therefore it reserves the right to modify the characteristics of its products at any time and in any way, without prior notice.