



FAST

BUMP HELMET

OPERATOR'S MANUAL



This product is covered by one or more patents.
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UM-1057 REV-A

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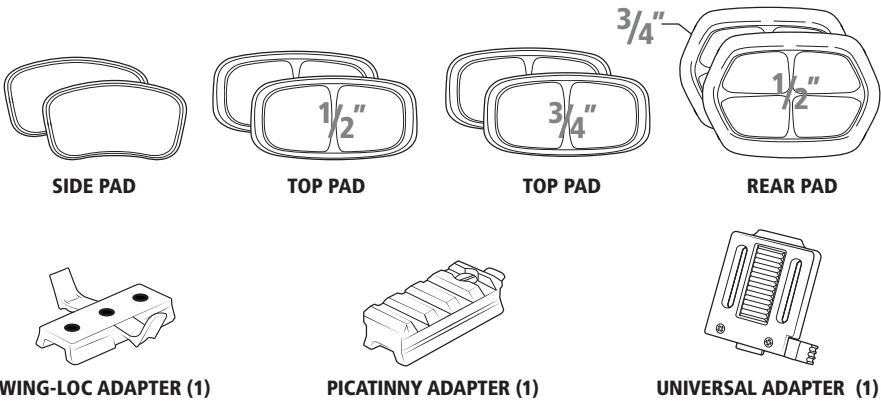
INTRODUCTION

This manual is specific to the Ops-Core FAST Bump Helmet Only.

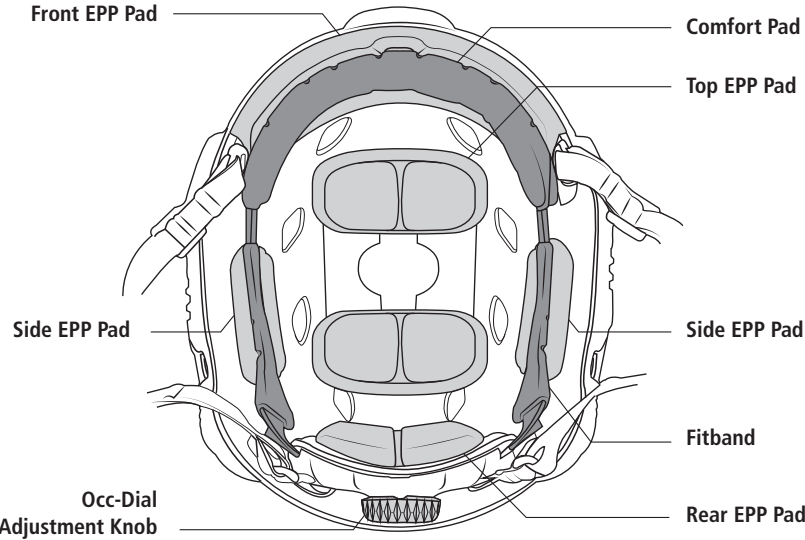
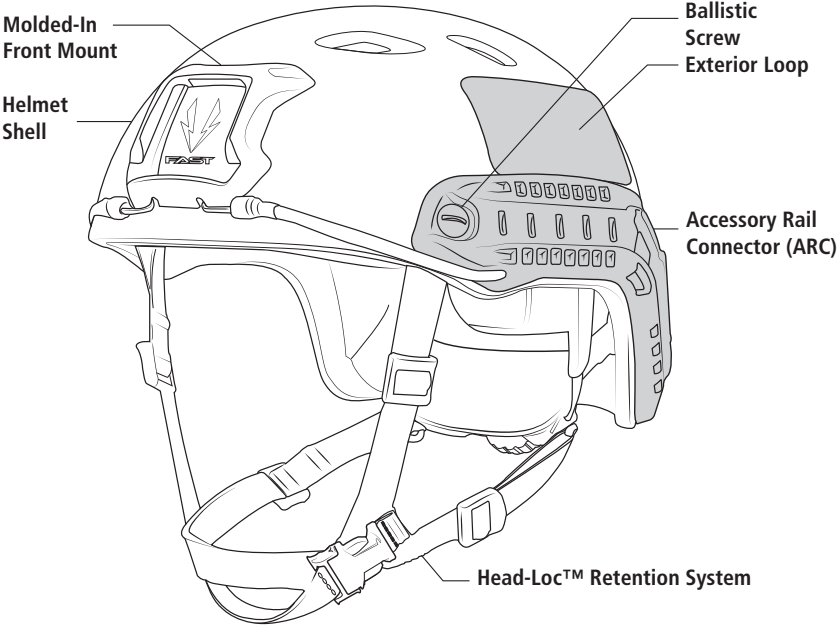


INCLUDES:

(2) SIDE PADS, (2) 1/2" TOP PADS, (2) 3/4" TOP PADS, (1) 1/2" REAR PAD, (1) 3/4" REAR PAD



HELMET SYSTEM COMPONENTS

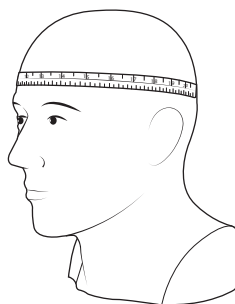


SIZING GUIDE

FAST helmets have been designed from the ground up to fit the largest group of users in helmet sizes that most closely match their heads. However, there is still a small percentage of users that will not fit our standard sizing configurations. Please use the sizing guide below to determine your helmet size and your chinstrap size.

HELMET SIZING GUIDE

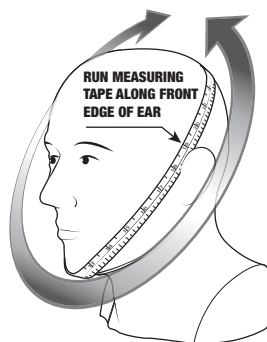
FAST HELMET SIZE	S/M	M/L	L/XL
Head Circumference (cm)	53 - 56	56 - 59	59 - 61
Head Circumference (in)	21 - 22 $\frac{1}{8}$	22 $\frac{1}{8}$ - 23 $\frac{3}{8}$	23 $\frac{3}{8}$ - 24
Head Size (US)	up to 7	up to 7 $\frac{3}{8}$	up to 7 $\frac{7}{8}$



CHINSTRAP SIZING GUIDE

Certain head shapes may require a smaller or larger chinstrap than the one that comes with the helmet you selected. The sizing guide is provided for reference. If you feel a different chinstrap size is needed, contact Ops-Core customer service.

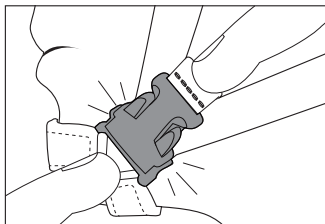
FAST HELMET SIZE	CHINSTRAP SIZE (in)
S/M	MEDIUM 24.5-27.5
M/L	LARGE 26-29
L/XL	X-LARGE 27.5-30.5



RETENTION SYSTEM OPERATION

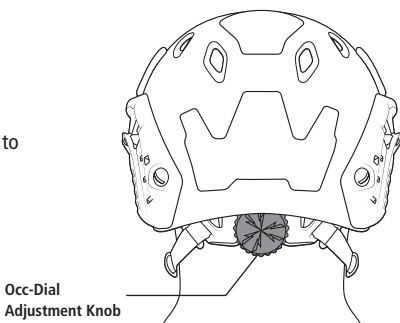
1 FASTEN THE CHINSTRAP

Put the helmet on and fasten the chinstrap buckle.



2 ADJUST THE OCC-DIAL

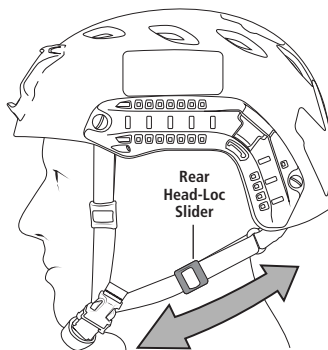
Use your thumb to rotate the Occ-Dial Adjustment Knob to tighten the fitband until it is comfortably snug.



3 ADJUST REAR HEAD-LOC SLIDERS

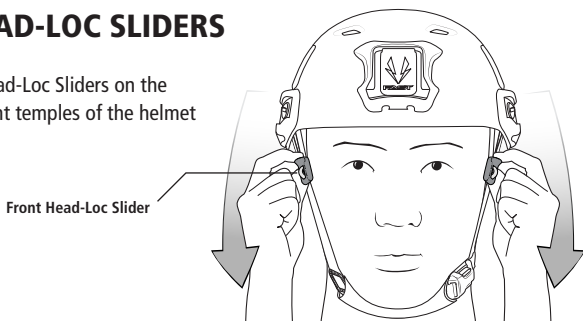
With both hands, pull the two Rear Head-Loc Sliders on the lower webbing straps toward your chin until snug.

NOTE: THE TECHNIQUE WORKS BEST IF YOU ONLY HOLD THE PLASTIC SLIDERS AND DON'T TOUCH THE WEBBING.



4 ADJUST FRONT HEAD-LOC SLIDERS

With both hands, pull the two Front Head-Loc Sliders on the webbing straps that come from the front temples of the helmet toward your chin until snug.

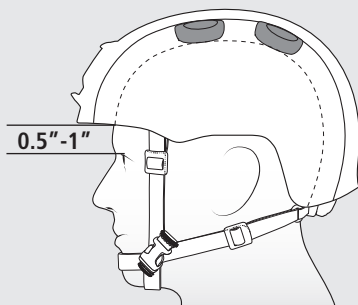
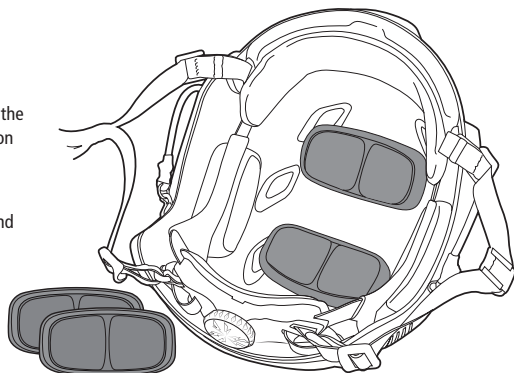


PRO SETUP

FAST Helmets were designed for professionals who expect the most from their equipment. Just like fine-tuning the suspension on a racecar or sighting in a fire-arm, the helmet must be set up properly before use to function correctly. If you do not follow these instructions, your helmet will not function in accordance with stated performance.

1 ADJUST THE TOP PADS

- Put the helmet on. ½" pads come pre-installed in the helmet. Turn the dial to loosen the fitband so that all of the helmet weight is resting on top of your head.
- With the fitband loose, check how high / low the helmet is sitting. Forehead pad should be above and not resting on the bony ridge of your eyebrows.

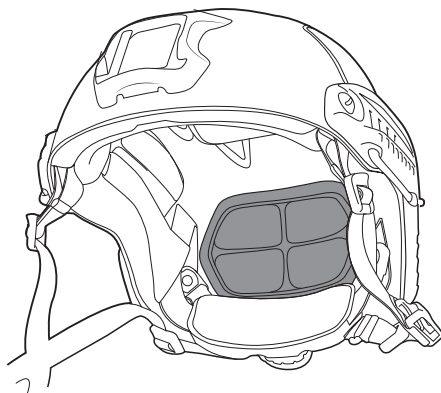


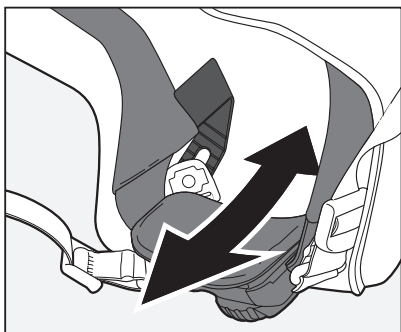
HEIGHT ADJUSTMENT

- The distance from the top of the eyebrow to the bottom of the fitband should be approximately 0.5" - 1". There should also be enough room around your ears for COMMs / hearing protection.
- If the helmet sits too low on your head, remove the ½" top pads and install the ¾" top pads.
- If the helmet sits at an uncomfortable angle, adjust the top pads, or use a combination of ½" and ¾" top pads until it sits correctly.

2 ADJUST THE REAR PADS

- Install the ¾" rear pad. Put the helmet on.
- If you feel uncomfortable pressure on your forehead, take the ¾" pad out and put in the ½" pad.
- If it feels the same as with the ½" pad (can't notice the difference) then keep the ¾" installed. This will make the helmet more stable and comfortable.



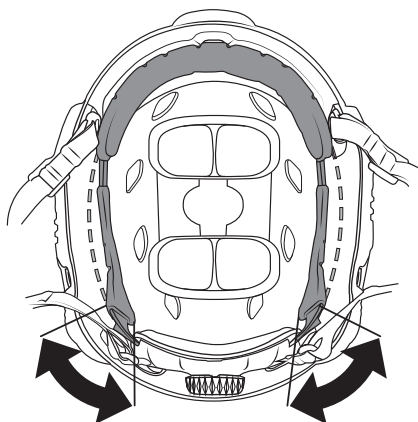


3 ADJUST FITBAND HEIGHT

- Put the helmet on and turn the dial to tighten the fitband until it feels secure. Look up at the sky. If the dial digs into your neck, it is too low.
- You can adjust the height of the dial by sliding the rear fitband liner tabs that attach it to the inside of the shell up and down.
- Set the dial at the height that is most comfortable for you.

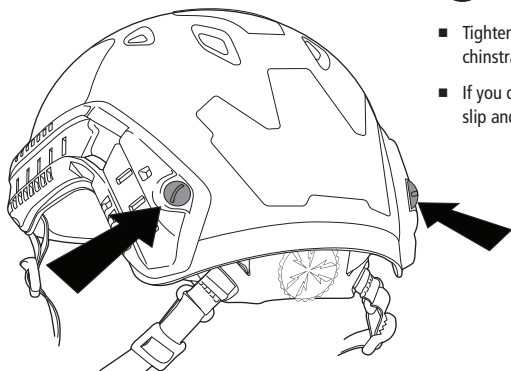
4 "PRE-LOAD" THE FITBAND

- You can set the shape of the fitband to match the shape of your head for long term comfort.
- Push or pull the rear fitband liner tabs (used for height adjustment in step 3) to adjust the fitband tension from a round to more oval shape.
- Hold each rear fitband liner tab with your hand in the location that sets the fitband tension in the optimal shape and then tighten the back screws to lock the tabs in place.



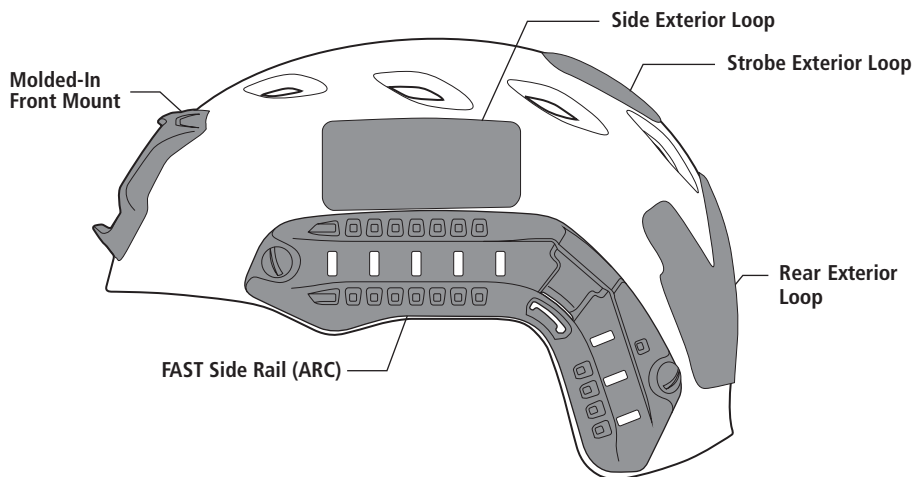
5 TIGHTEN BACK SCREWS

- Tighten the back screws to lock the rear fitband liner tabs, chinstrap and side rails permanently in place.
- If you don't do this, all of the adjustments you just made will slip and the helmet will likely come apart.



ACCESSORY INTEGRATION

There are three ways of attaching accessories to the FAST Helmet. The Molded-In Front Mount, FAST Side Rails (ARCs), and Side / Rear Exterior Loop. These three components provide convenient and secure ways to quickly attach and detach various accessories to different positions, and allow for personalized customization.



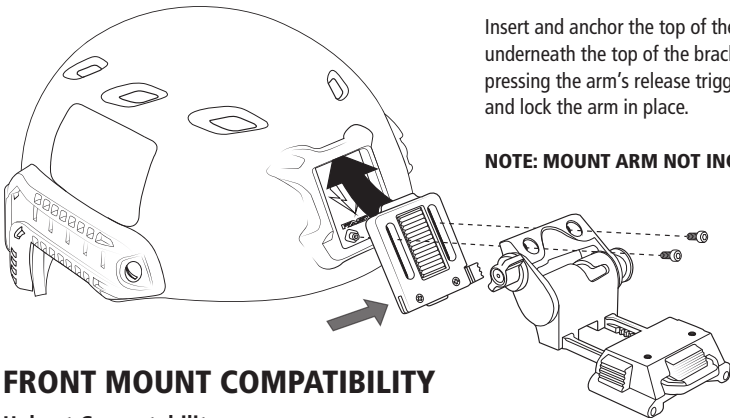
FRONT MOUNT

The Molded-In Front Mount provides a front attachment option for video cameras, visors, illuminators, and night vision goggles (NVG's).

ATTACH NVG MOUNTING ARM

Insert and anchor the top of the NVG Mounting Arm underneath the top of the bracket as shown. While pressing the arm's release trigger, push down to snap and lock the arm in place.

NOTE: MOUNT ARM NOT INCLUDED.



FRONT MOUNT COMPATIBILITY

Helmet Compatibility

Fits the standard MARSOC / WARCOM 3-hole NVD mount pattern

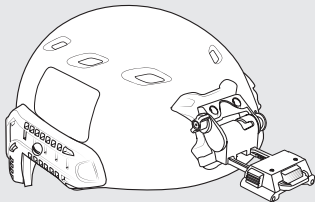
NVG & Mount Arm Compatibility

The Ops-Core Molded-In Front Mount is compatible with the following combinations of night vision goggle and mount arm styles:

NVG Style	US Army Standard Mount Arm #A3256368	Wilcox® G09 Mount Arm w/ Break-Away Base #28300G01	Wilcox® L4 G24 Mount Arm #28300G24	Wilcox® L4 G20 Mount Arm #28300G20	Norotos® INVG Mount Arm #1820010	Norotos® AKA2 Mount Arm #1840010
PVS-7B/7D	—					—
PVS-14	—	—	—	—		—
PVS-15		—	—	—	—	—
PVS-18		—	—	—	—	—
PVS-21						—
PVS-7A/7C		—				—

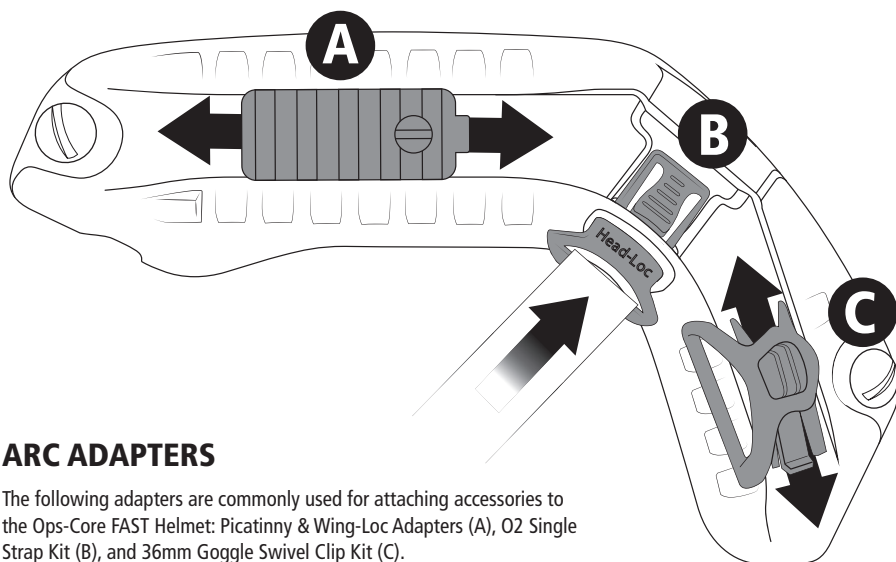
PULL TEST

Before attaching any NVG's to the mount, give it a sturdy tug in all directions to ensure it is properly secured.



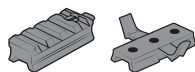
ACCESSORY RAIL CONNECTORS (ARCs)

ARCs are mounted to the sides of the helmet to allow for quick yet secure donning or doffing of various headborne accessories.



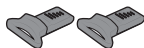
ARC ADAPTERS

The following adapters are commonly used for attaching accessories to the Ops-Core FAST Helmet: Picatinny & Wing-Loc Adapters (A), O2 Single Strap Kit (B), and 36mm Goggle Swivel Clip Kit (C).

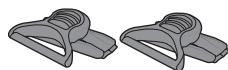


Picatinny
Adapter

Wing-Loc
Adapter



O2 Strap Kit
(Not Included)



36mm Goggle Swivel Clips
(Not Included)

A TOP RAIL

Top Rail can accommodate Picatinny Adapters, which connect devices compatible with 1911 Picatinny Rail, and Wing-Loc Adapters, which provide a base to mount a variety of headborne accessories.

B RAIL CORNER

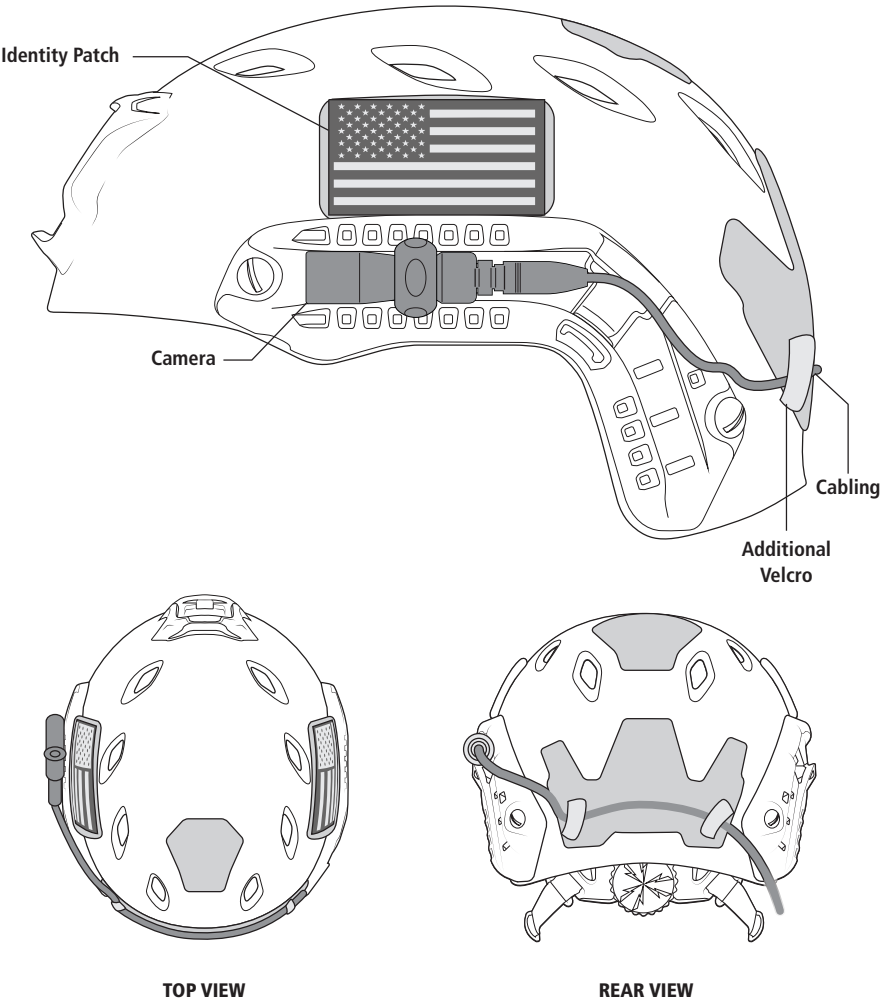
Rail corner allows for instant and secure snap-in attachment of Para-Flite and Carleton O2 masks with O2 Single Strap Kit.

C BACK RAIL

Goggle Swivel Clips, attached to your choice of goggles, can quickly clip into the back rail while allowing freedom of rotation.

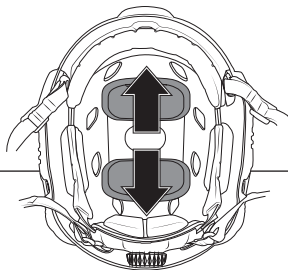
EXTERIOR LOOP

Apply hook fastener to the bottom of a device and place device on top of the loop on the outside of the Ops-Core FAST Helmet shell.



COMMs HEADSET

The liner system is compatible with a variety of COMMs headsets and hearing protection devices. Instructions for use with headband style COMMs is below.



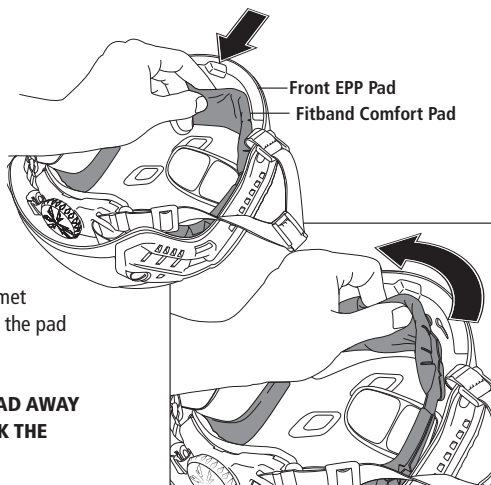
1 RELOCATE TOP PADS

Position the top pads in the helmet so there is enough space for the headband of the headset to sit in between them.

2 DETACH FITBAND

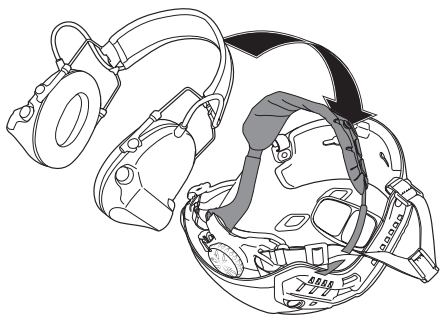
Place your index finger behind the center of the Fitband Comfort Pad and carefully bend away from the Front EPP Pad as shown. Pinch the Fitband Comfort Pad and use your thumb to slide the pad sideways $\frac{1}{2}$ " towards the center of the helmet along the Front EPP Pad. Repeat on both sides until the pad is released from the key slots.

NOTE: DO NOT PULL THE FITBAND COMFORT PAD AWAY FROM THE FRONT EPP PAD OR YOU MAY BREAK THE FRONT EPP PAD KEY SLOTS.



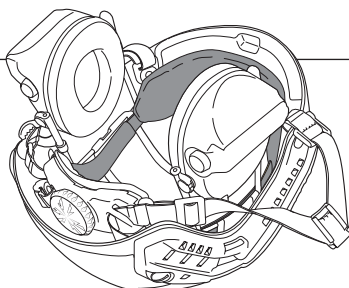
3 INSERT HEADBAND

Flip the Comfort Pad / Fitband away from the front impact liner and slide the headset headband around it as shown. This will position the headset's headband on the outside of the helmet Fitband so that it does not create a pressure point when you tighten the Occ-Dial Adjustment Knob.



4 REATTCH FITBAND

Reattach the Comfort Pad / Fitband to the key-slots in the front impact liner by bending the pad in the center and pushing on the rivets (one at a time) with your thumb while at the same time sliding them toward the sides of the helmet.



MAINTENANCE SCHEDULE

STANDARD RECOMMENDED MAINTENANCE

Perform the following recommended maintenance procedures before and after each use. If any defects are found, the damaged components should be replaced before use.

- ❶ Clean the helmet with a mild detergent and water.*
- ❷ Check that the chinstrap screws are tight using a flathead screwdriver.
- ❸ Clean the Exterior Loop for dust and dirt by using air pressure.
- ❹ Visually check the Modular Bungee Shroud and Skeleton ARCs for signs of breakage.
- ❺ Visually check the Fitband for signs of breakage.
- ❻ Check that the Occ-Dial Adjustment Knob works properly.
- ❼ Check that the chinstrap does not have any damage and that the buckle latches and releases properly.

*The whole helmet can be rinsed in fresh water.

REPLACEMENT PARTS

Our team of dedicated customer service and support professionals is highly trained on all aspects of our products and is available to assist you with all your needs, including checking the status of your order, billing, warranties and returns, orders, replacement parts, and technical support.

Ops-Core Customer Service

+1 617.670.3547

support@ops-core.com

OPERATOR NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WARNING & WARRANTY

WARNING

This helmet provides LIMITED protection for the head and does not offer any protection against neck, spinal, or certain types of brain injuries including those caused by rotational forces. Some hazards can exceed this helmet's specified ability to provide protection and could cause serious injuries or death. This helmet is made to absorb the energy of a blow by partial destruction or damage to the shell, liner and the harness, and even though such damage may not be readily apparent, any helmet subjected to severe impact should be replaced. This helmet is designed to help protect from bumps, scratches, and concussion. This helmet is not intended for use in white water classes 5 and 6 as given by the International Canoe Federation. For adequate protection this helmet must be fit and adjusted properly to the user.

Inspect the helmet before each use. Make sure the shell components are not damaged, cracked, deformed, loose or showing signs of excessive wear. Do not remove or alter the front, top, side or back impact pads or modify any or the original component parts of the helmet, other than as recommended by the helmet manufacturer. Replacing the 1/2" thick impact pads with the supplied Ops-Core 3/4" impact pads will not adversely affect impact performance. However, by removing the pads completely or repositioning them, impact attenuation performance could be adversely affected. Helmets should not be adapted for the purpose of fitting attachments in any way not recommended by the helmet manufacturer. Do not apply paint, solvents, adhesives, or self-adhesive labels except in accordance with instructions from the manufacturer as they could degrade helmet integrity and resulting performance. Clean shell with soap and lukewarm water. Internal comfort pads may be hand washed and air dried.

WARRANTY

Unless an individual product is covered by a separately issued warranty, Gentex warrants that all ballistic helmet shells will be free from defects in material or workmanship under normal use and service for a period of five (5) years from the date of delivery. Unless an individual product is covered by a separately issued warranty, Gentex warrants that all helmet components, accessories, peripherals, and parts will be free from defects in material or workmanship under normal use and service for a period one (1) year from the date of delivery. All repair covered by this warranty shall be performed at Gentex's factory, or other such warranty repair facilities of Gentex as designated by Gentex unless Gentex specifically directs that repair services be performed at another location. Any defect corrected and found to be within this scope of the warranty will be repaired by Gentex and all charges for labor and material will be borne by Gentex. If it is determined that either no fault exists in Gentex, or the damage to be repaired was caused by negligence of the user, its agents, employees or customers, you agree to pay all charges associated with each such repair. No statement, recommendation or assistance made or offered by Gentex through its representatives to the user, its agents, employees, or customers in connection with the purpose or intended use of any Gentex's product shall be or constitute a waiver by Gentex of any of the provisions of this warranty or change Gentex's liability under this warranty.

EXCEPT WHERE PROHIBITED BY LAW, THE WARRANTY DESCRIBED ABOVE CONSTITUTES THE SOLE WARRANTY MADE BY GENTEX EITHER EXPRESSED OR IMPLIED. THERE ARE NO OTHER WARRANTIES EXPRESSED OR IMPLIED THAT EXTEND BEYOND THE FACE HEREOF, HEREIN, INCLUDING THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IN NO EVENT SHALL GENTEX BE LIABLE FOR ANY INCIDENTAL, CONSEQUENTIAL, OR SPECIAL DAMAGES EVEN IF ADVISED OF SUCH DAMAGES, AND THE USER, ITS AGENTS, EMPLOYEES, OR CUSTOMERS REMEDIES SHALL BE LIMITED TO SOLELY TO THE REPAIR OR REPLACEMENT OF NONCONFORMING UNITS OR PARTS, WHICH AMOUNT SHALL NOT EXCEED THE TOTAL PURCHASE PRICE OF THE PRODUCT UNDER WARRANTY.

Any tampering, misuse or negligence in handling or use of the product renders the warranty void. Further, the warranty is void if, at any time, the user, its agents, employees or customers attempts to make any internal changes to any of the components of a product; if at any time the power supplied to any part of the product exceeds the rated tolerance; if any external device attached by the user, its agents, employees or customers creates conditions exceeding the tolerance of the product; or if any time the serial number plate is removed or defaced. OPERATION OF THE PRODUCTS THAT RENDERS THIS WARRANTY VOID WILL BE DEFINED TO INCLUDE ALL OF THE POSSIBILITIES DESCRIBED IN THIS SECTION, TOGETHER WITH ANY PRACTICE THAT RESULTS IN CONDITIONS EXCEEDING THE DESIGN TOLERANCE OF THE PRODUCTS.

