SPORTENZIA

USER GUIDE

UNIVERSAL HELMET PADDING KIT

Nine memory foam pads and eighteen hook-and-loop adhesive dots to replace worn helmet pads or improve the fit. Choosing the shapes, fitting, care.

REF. MOUSSCASKBLCK · 9 PADS + 18 ADHESIVE DOTS · MEMORY FOAM, 14 G



01 · FITTING

CONTENTS, PREPARATION, INSTALLATION

In the box

- 9 black pads in different shapes and lengths: straight strips, left and right curved strips, a wide brow piece, a small oval, a rectangular block. The back of each pad is loop fabric.
- 18 oval dots: an adhesive side protected by a film, and a hook side that grips the back of the pads.

Which helmets

Any helmet with removable pads: bike, MTB, road, BMX, scooter, roller skating, skateboarding, and motorcycle helmets whose interior allows it. The dots stick to the inner shell or to the old fixing points; they do not replace a built-in retention system.

Installation

1. **Remove the old pads** and peel off any glue or worn velcro residue, without scraping the inner shell.
2. **Clean the surface** with a barely damp cloth, then let it dry completely: the adhesive will not hold on a greasy or damp surface.
3. **Do a dry run** with the helmet on your head: place the pads without dots to find the contact points (brow, temples, crown, nape) and the thicknesses that suit you.
4. **Stick the dots** at the chosen spots, film removed, adhesive side against the helmet, leaving the vents clear. Press firmly for several seconds.
5. **Fit the pads** loop side against the hooks of the dots. Two dots are enough for a long strip, one for a small piece.
6. **Adjust** with the helmet on and the strap fastened: it must stay put when you shake your head, with no pressure point.

Specifications

Pieces	27	Pads	9, assorted shapes
Dots	18, adhesive	Material	Memory foam sponge
Colour	Black	Weight	14 g
Care	Washable, quick drying		

SAFETY

- A helmet that has taken a knock must be replaced, even with no visible damage: new padding does not restore its protection.
- Never alter the structure of the helmet: no cutting, no drilling, no solvent on the shell or the protective foam.
- The padding is for comfort and fit. It does not make up for a helmet that is too big: choose the right size.
- Small parts and adhesives: keep the kit out of reach of young children.

02 · DAY TO DAY

CHOOSING THE SHAPES, CARE, TROUBLESHOOTING

Which piece goes where

SHAPE	USUAL POSITION	PURPOSE
Wide brow piece, scalloped edge	Forehead, above the eyebrows	Comfort and sweat absorption
Left and right curved strips	Temples and sides	Side support, the helmet stops rolling
Long straight strips	Crown, front to back	Support for the skull, airflow between the strips
Small oval, rectangular block	Nape or any remaining gap	Fills a space, takes up a slight size difference

Care

- Unhook the pads from the dots to wash them: lukewarm water and mild soap, by hand, without wringing. Dry flat, in the air, away from any heat source.
- Put them back once dry: the dots stay on the helmet.
- Replace a pad that has flattened, no longer springs back, or whose loop backing no longer grips.
- Store the helmet out of the sun: heat wears out the adhesive and the foam.

If something goes wrong

SYMPTOM	LIKELY CAUSE	FIX
A dot comes off	Dirty, damp or dusty surface	Remove it, clean, dry, fit a new dot
Helmet rides up or floats	Too much thickness on the crown, not enough on the sides	Move strips from the crown to the temples
Pressure point on the forehead	Brow piece too thick or off-centre	Centre it, or use a thinner strip instead
Sweat running into the eyes	No pad on the brow	Fit the wide brow piece



The pads follow the helmet's inner ribs without blocking the vents.

GOOD TO KNOW

- Memory foam moulds to your head after a few rides: a slightly firm fit at first is normal.
- Keep the unused pads and dots: they will serve for the next replacement.
- The pads are universal: check the room inside your helmet before sticking anything, every interior is different.

Need help?

sportenzia.com/pages/contact

Our team answers your questions about fitting and care.