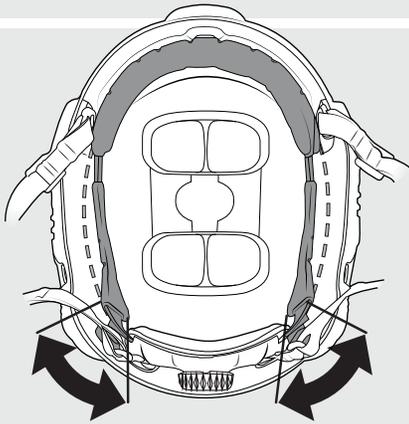
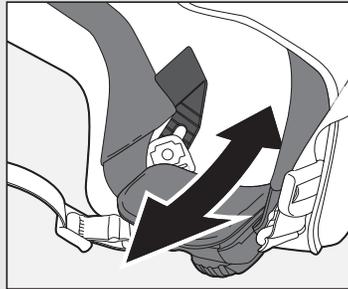


# REAR FITBAND ADJUSTMENT

## 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.

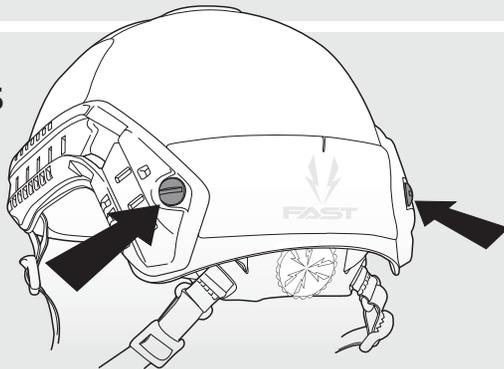


## 4 "PRE-LOAD" THE FITBAND

- 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.

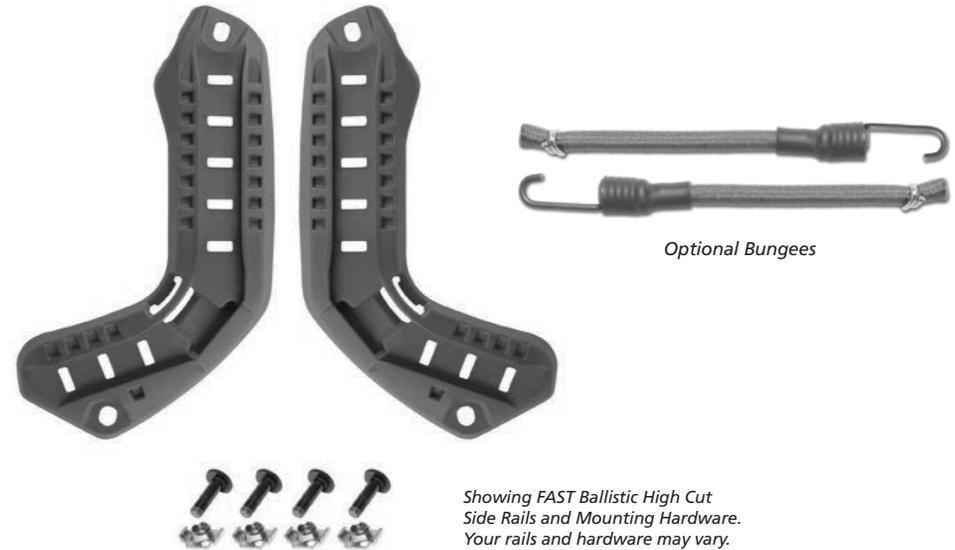
## 5 TIGHTEN BACK SCREWS

- 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.



# REPLACEMENT SIDE RAILS (ARCS) INSTALLATION INSTRUCTIONS

© OPS-CORE 2015 06-07-300 REV. C



Showing FAST Ballistic High Cut Side Rails and Mounting Hardware. Your rails and hardware may vary.

HELMET TYPE	COLOR	BUNGEE	BUNGEE LENGTH
FAST HIGH CUT, CARBON & BASE JUMP	TAN <input type="checkbox"/>	YES <input type="checkbox"/>	88mm <input type="checkbox"/>
FAST MARITIME	GREEN <input type="checkbox"/>	NO <input type="checkbox"/>	98mm <input type="checkbox"/>
SENTRY	BLACK <input type="checkbox"/>		104mm <input type="checkbox"/>
LIGHTWEIGHT BALLISTIC HELMET (LBH)			113mm <input type="checkbox"/>
ADVANCED COMBAT HELMET (ACH)			

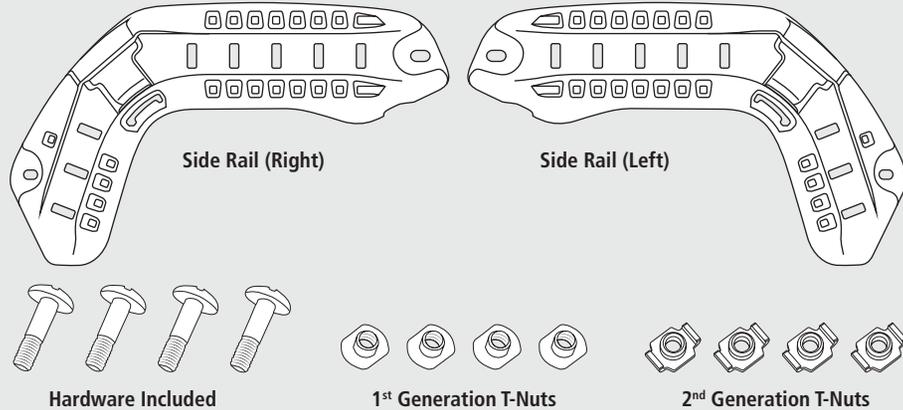


# COMPONENTS

## SIDE RAIL (ARC) KIT INCLUDES:

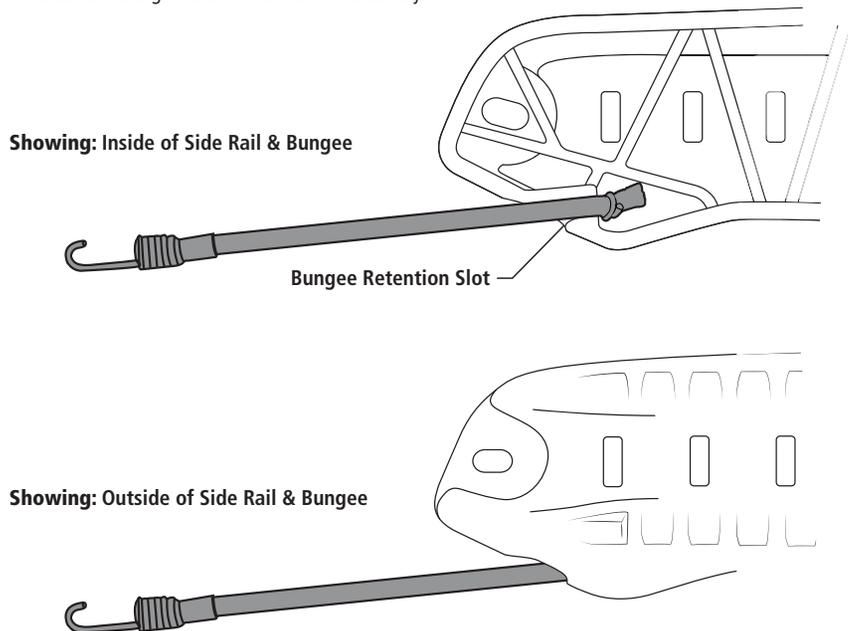
(1) Left Side Rail, (1) Right Side Rail, (4) Screws, (4) T-Nuts

**NOTE: ALL DIAGRAMS ARE SHOWING FAST BALLISTIC HIGH CUT SIDE RAILS AND HELMET SHELL. YOUR RAILS AND HELMET MAY APPEAR SLIGHTLY DIFFERENT.**



## BUNGEE INSTALLATION

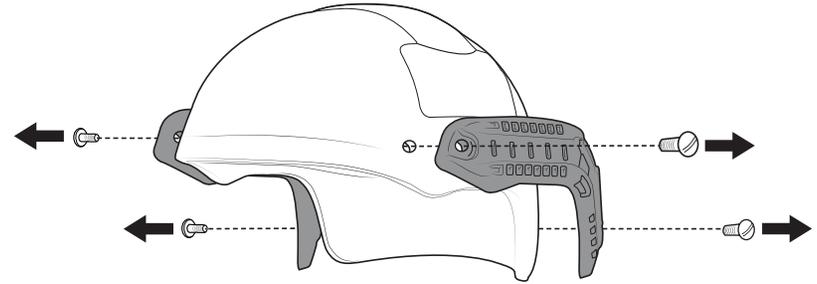
If optional bungees were purchased, insert the bungee ends into the Side Rail's Bungee Retention Slot before assembly.



# REMOVAL & ASSEMBLY

## 1 REMOVE OLD SIDE RAILS

Unscrew and remove all four Screws and T-Nuts. Once removed, the old Side Rails will no longer be attached to the helmet. This will also release all of the Chinstrap Anchors and the Rear Fitband Tabs. Discard used hardware.



## 2 REPLACEMENT SIDE RAIL INSTALLATION

Align the new Side Rails with the existing Chinstrap Holes on your helmet. Loosely assemble the Side Rails, Helmet Chinstrap Anchors, and new hardware by following the diagram below. For the rear assembly be sure to include the Rear Fitband Tab as shown. Repeat for opposite side of helmet. Once all components are loosely assembled, finish by using a screwdriver to tighten the two front screws.

**NOTE: LEAVE REAR SCREWS LOOSE BEFORE EXECUTING FIT AND ADJUSTMENT INSTRUCTIONS ON BACK.**

