



BMW Motorrad



The Ultimate
Riding Machine

Operating instructions GS helmet

Preface

We congratulate you on your choice of a motorcycle helmet from BMW Motorrad.

Familiarise yourself with your new helmet so that you can use it safely and confidently in all traffic situations. Please read through these operating instructions; they contain important information on how to use, maintain and care for your helmet.

If you have questions concerning this helmet, your authorised BMW Motorrad dealer will gladly provide advice and assistance.

We hope that you will enjoy using your helmet and that all your journeys will be pleasant and safe

BMW Motorrad.

Abbreviations and symbols



Indicates warnings that you must comply with for reasons of your safety and the safety of others, and to protect your product against damage.



Specific instructions on how to operate, control, adjust or look after items of equipment on the motorcycle.



Indicates the end of an item of information.



Instruction.



Result of an activity.



Reference to a page with more detailed information.



Indicates the end of a passage relating to specific accessories or items of equipment.



Tightening torque.



Technical data.

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You can also consult the index at the end of these operating instructions if you want to find a particular topic or item of information.

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Safety instructions

This helmet has been manufactured from high-strength materials in accordance with the state of the art. However, no helmet can protect you against all possible injuries.


This BMW motorcycle helmet is designed only for motorcycling – it is not approved for use for other purposes.

Helmet usage and environmental influences give rise to a process of ageing and wear and tear. Consequently, BMW Motorrad recommends replacing the helmet after five years.


If you are involved in a crash or if the helmet is exposed to impact, the helmet's ability to provide its design-base level of protection is no longer ensured. The helmet is designed to absorb

impact energy in the event of a crash. Forces are absorbed via complete or partial destruction of the helmet shell. This damage can usually not be detected by the observer. Consequently, the helmet always has to be replaced after a crash or impact. For safety reasons, it is important to render a damaged helmet completely unwearable.


As high temperatures can lead to damage, contact with hot components (e.g., exhaust system, engine) is to be avoided.

 Under certain circumstances the visor's transparency with the inner visor installed might be slightly less than the 80 % required by the ECE 22.05 standard. Increased risk of accident when riding at night with the inner visor fitted (as-delivered condition).

We recommend removing the inner visor for riding at night.◀

 A hard worktop can damage the surface of the helmet.

Use the assembly ring or a clean, soft pad.◀

 The helmet must always be taken off such that it cannot drop to the ground. Any damage arising in such a way is not covered by the warranty. In the case of a repair it is best to contact your authorised BMW Motorrad dealer.◀

Aerodynamics

The aerodynamic and aero-acoustic properties of a motorcycle helmet depend heavily on the prevailing airflow conditions. Turbulence can be experienced to a greater or lesser extent, depending on seated position and on the design of the windscreen and the fairing. These fluctuations in air pressure are perceived as sound. If these fluctuations in air pressure occur at the underside of the helmet there is a sharp increase in sound level inside the helmet. The extent to which even an acoustically optimised helmet can reduce this sound is subject to constraints.

Exterior features of the GS helmet

- 1 GS helmet
- 2 Ventilation slider for head ventilation
Adjust air flow (►► 8).
- 3 Helmet peak
Remove the helmet peak (►► 10).
- 4 Visor with anti-fog inner pane
- 5 Chin/visor ventilation
Remove inner visor pane (►► 11).
- 6 Visor actuation
- 7 Chinstrap with double D buckle
Adjusting chin strap (►► 8).
- 8 Visor mechanism



Interior features, GS helmet

- 1 Head pad, head pads (removable)
- 2 Rear plastic part, helmet edging
- 3 Replacement pins and dummy plugs for inner pane (enclosed)
- 4 Cheek pad, left (removable)
- 5 Cheek pad, right (removable)
- 6 Chin-guard extension, "leise" (low-noise) (fitted as standard)
Chin-guard extension, "leicht" (light-weight) (supplied with the helmet)



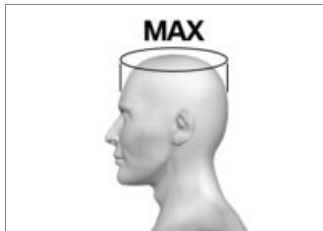
Equipment variants

- A** Helmet with peak and visor
- B** Helmet with visor (for riding at speed)
- C** Helmet with peak and GS enduro goggles (GS enduro goggles available from authorised BMW Motorrad dealers)



GS helmet

Determining the helmet size



▶ Only a correctly sized helmet can provide its protective effect to the fullest extent.◀

Begin by measuring the circumference of the head with a measuring tape (positioned about the width of a finger above the eyebrows, and round the widest part of the head).

The BMW GS helmet is available in a range of sizes from 52/53 to 62/63 (corresponding to the range XS to XXL). The size suitable for you corresponds to the measured head circumference. If the head measurement results in a value between 2 head sizes (e.g., 59.5 cm), it is recommended to try the smaller size.




Decisive fit criteria

- The helmet must fit tightly.
- It must not be possible to turn the helmet sideways.

- Helmet motions when turning forward and backward must be directly noticeable on the scalp.
- The adjustment range of the chinstrap must be sufficient.

Donning helmet

- Hold the helmet by the chin strap at both sides, pull slightly apart and don the helmet.

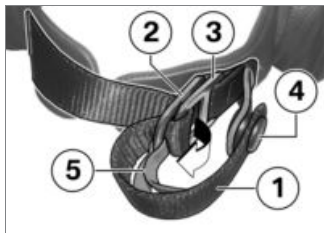
 An unbuckled or slack chin strap restricts protective efficiency.

Adjust the length of the chin strap so that the chin strap fits snugly at the neck.

Always buckle the chin strap correctly before riding off and keep it buckled at all times while riding.◀

- Position the chin-strap pad correctly and tighten the chin strap until it fits snugly at the neck.

Adjusting chin strap



- Slip chin strap **1** through retaining lugs **2** and **3**.
- Double chin strap **1** back on itself and pass it over retaining lug **3** and through retaining lug **2**.
- Adjust (tighten) chin strap **1** until it fits snugly at the neck.
- Close snap fastener **4**.
- Loosen chin strap **1** by opening stud fastener **4** and pulling tab **5** down; chin strap **1** can be loosened or fully opened.

Operating ventilation

▶ The effectiveness of the ventilation system can be noticeably less behind a high windscreen or a full motorcycle fairing. ◀

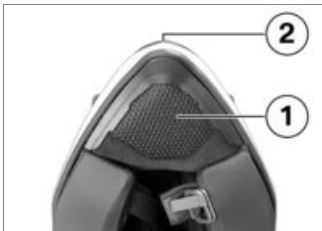


- Open head ventilation by sliding cover for ventilation slot **1** to the rear; close it by sliding the cover forward.
- Open visor ventilation by pressing cover for chin guard **2** **at the bottom**, close it by pressing it **at the top**.

- On hot days and for off-roading, cover for chin guard **2** can be eased forward and removed.

Installing chin guard extension

▶ Helmet acoustics and air flow to the face depend on the chin-guard extension used. The "leise" (low-noise) version ensures better acoustics. Depending on environmental conditions or individual needs and preferences, the "low-noise" extension can be removed and the "leicht" (light-weight) extension supplied with the helmet fitted instead. ◀



- Align "leise" (low-noise) chin-guard extension **1** with helmet outer shell **2** and engage the retaining hooks.
- The "leicht" (light-weight) chin-guard extension can be installed in the same way.

Helmet peak

Removing helmet peak



- Turn screws **1** through 90° "to the rear" (**on left clockwise, on right counter-clockwise**) and remove.
- Remove screw **2** with washer.
- Remove helmet peak **3**.

Installing helmet peak

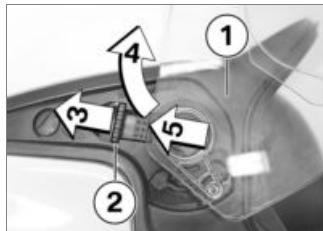


- Place helmet peak **3** in position.
- Insert screws **1** and turn through 90° "to the front" (**on left counter-clockwise, on right clockwise**) to secure.
- Install screw **2** with washer.

Visor

Remove visor

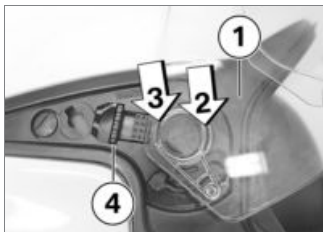
Precondition: helmet peak removed.



- Open visor **1** as far as it will go.
- Push back release slider **2** all the way **3** and disengage visor **1** on slider side **4** first.
- Angle visor **1** back to disengage **5**.
- Disengage the visor in the same way on the other side and remove.

Install visor

Do not move the release slider out of position when installing.

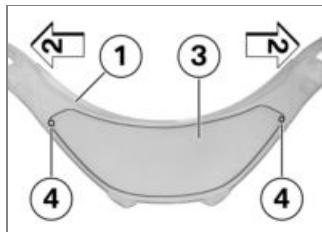


Inner visor pane

Remove inner visor pane

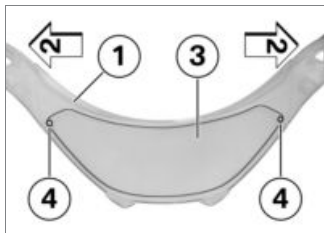
▶ Approximately 4 % of light passing through a medium of a different density is reflected. This effect occurs at the outer visor and also at the inner visor. Increased inward reflection is the result. This can be a source of irritation for the rider, particularly in the rain. It is advisable to dispense with the inner visor if this effect is irritating. Under these circumstances, fit the blanking plugs in place of the pins in the visor.◀

- Hold visor **1** in place in the end-stop position (fully open).
- Engage visor **1** at the front **2**.
- Press the release-slider side of the visor into retainer **3**.
- Make sure that release slider **4** is in the fully forward position.
- Secure the visor in the same way on the other side.
- Check that the visor is movable and that the retainers hold it correctly in position.



- Apply enough pressure to visor **1** to overtension it slightly **2**.
- Lift inner visor **3** slightly on one side and disengage it from pins **4**.
- Remove the other side the same way.

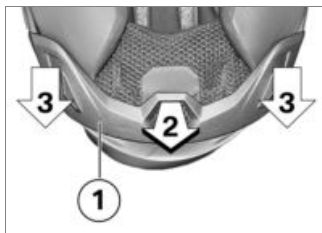
Install inner visor pane



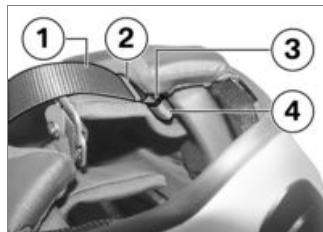
- Clean visor **1** thoroughly.
- Apply enough pressure to visor **1** to overtension it slightly **2**.
- Secure inner visor **3** to one of the pins **4** and then secure it on the other side. Make sure that the silicone seal is neatly seated against the visor.
- » Silicone seal is not neatly seated against the visor:
- Remove the pins (push them through toward the outside) and **carefully** re-install turned to different position.

Interior

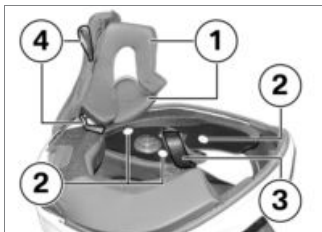
Removing cheek pad



- Beginning at the back, ease helmet edging **1** up **2**, then work it to the rear to remove **3**.

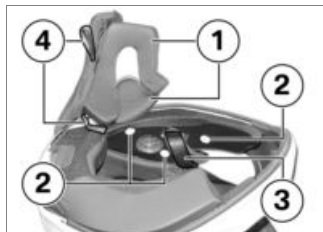


- Work chinstrap **1** out of strap pad **2**, cheek pad **3** and the loop of neck band **4**.
- Disengage the chinstrap on the left in the same way.

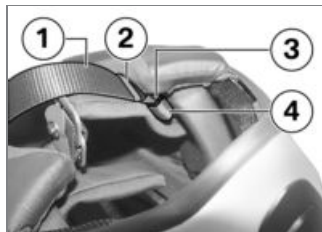


- Disengage cheek pad **1** from stud fasteners **2**.
- Work chinstrap **3** out of cheek pad **1**.
- Pull neck band **3** out of cheek pad **1**.
- Remove the cheek pad on the left in the same way.

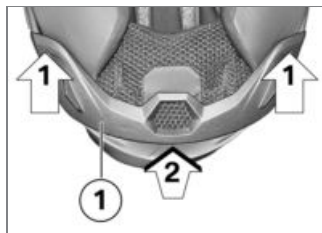
Installing check pad



- Work neck band **3** through cheek pad **1**. Make sure that the neck band is not twisted.
- Work chinstrap **3** and strap pad through cheek pad **1**.
- Secure cheek pad **1** in stud fasteners **2**, and tuck the edge between the inner and outer shells of the helmet.
- Install the cheek pad on the left in the same way.



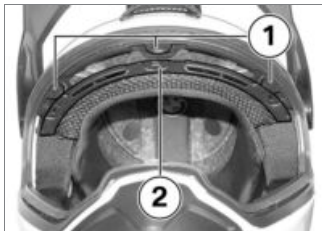
- Pull chinstrap **1** through loop of neck band **4**, cheek pad **3** and strap pad **2**.
- Secure the chinstrap on the left in the same way.



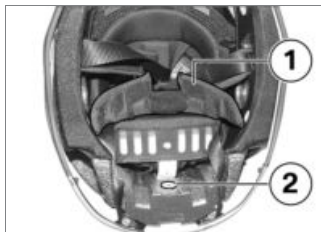
- Seat cover **1** in the side retaining pins at the front first,

then press it into position at the rear.

Remove the head pad

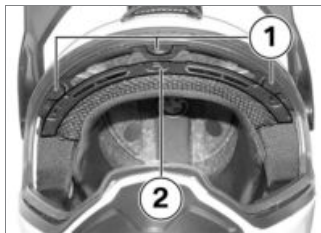


- Carefully ease up retainers **1** and disengage head pad **2**.
- Disengage the Velcros from the centre ridge and remove the head pad.
- Disengage head pad **2** from the Velcro on the centre ridge and remove.



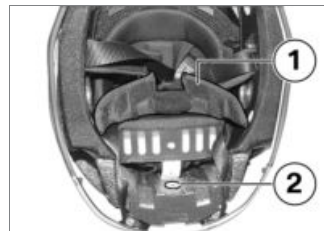
- Disengage head pad **1** from the Velcros and stud fastener **2** and remove.

Installing head pad



- Insert head pad **2**.

- Secure head pad **2** in retainers **1**.
- Secure Velcros to middle ridge.



- Secure head pad **1** in stud fastener **2** and the Velcros.

Spare parts and communication system

Spare parts

Cheek/head pads are available in various sizes.

Your authorised BMW Motorrad dealer will be glad to provide the latest information about tested equipment complying with the standards and approved by BMW for your BMW Motorrad GS helmet.

BMW Motorrad communication system

The GS helmet can be fitted with a fully integrated wireless Bluetooth communication system by your authorised BMW Motorrad dealer.

The helmet's ECE 22/05 homologation applies also with the communication system installed, so the helmet is compliant with

all the safety criteria set out in this standard.

Details on the BMW Motorrad communication system are available on request from your authorised BMW Motorrad dealer, or you can visit **bmw-motorrad.com**.

Cleaning the outer helmet shell



Risk of damage to paint finish.

Do not apply petrol or solvents to the outer shell of the helmet. ◀

- Clean the helmet outer shell with a mild solution of soap in water or with BMW helmet cleaner.



It is possible to use cleaning agents that contain alcohol. ◀

Cleaning the interior

- Hand-wash the head pad at max. 30 °C.
- Use only a mild solution of soap in water and then allow to dry slowly in the air.

Cleaning visor



Possible damage to anti-scratch finish (Antiscratch coating).

Do not use petrol, solvents, window or glass cleaners or other cleaning agent containing alcohol on the visor. ◀

- Clean the visor with a soft cloth and a mild solution of soap in water or with BMW visor cleaner.
- Remove stubborn foreign matter (e.g. dried remains of insects) from the visor by laying a wet cloth on the surface to soften the deposits and then wiping off.
- Use a lint-free cloth for drying.

Cleaning inner visor

- Use only water or a mild solution of soap in water to clean the inner visor. Never attempt to apply an anti-fogging gel or

spray or other, similar products, as they would cause irreparable damage.

Maintaining the visor seal

- Apply talc to the visor seal yearly at the beginning and the end of the season.



Installation tool

Talcum powder

Storing GS helmet

- After intensive cleaning, a ride in the wet or a lengthy trip in cold weather, the inner visor needs a certain length of time to regenerate. During this time the inner visor can absorb only a very small amount of moisture, if any, from the wearer's exhalations. Leaving the inner visor in a dry, airy place helps

speed up the reactivation process. When the helmet is not in use (storage) the visor has to be left open at all times to allow moisture to escape from inside.

- A milky coating that can form during a lengthy period of disuse can be wiped off with a slightly damp, fine microfibre cloth.

Helmet

Helmet outer shell	Outer shell made of multiple layers of carbon fibre reinforced plastic (CFRP), extra reinforcing layers at critical load zones
Helmet inner shell	EPS (expanded polystyrene) and EPP (expanded polypropylene) with different densities for optimum damping properties
Interior	Fully removable interior made of moisture-transporting material
	Chinstrap with double D buckle and neck bands
	Adjustable chin spoiler extension
Visor	Clear outer pane, scratch-proof coating
	Inner pane made of hydrophilic material with anti-fog properties
Ventilation	Visor ventilation via centrally arranged rocker switch
	Forehead and head ventilation by slide control

ECE R 22/05

The BMW GS helmet is approved in accordance with the currently valid standard ECE R 22/05. This standard also applies for England (UK).

The helmet does not comply with US regulations and requirements. Its use is permitted only in countries in which the European ECE standard applies. Use in other countries does not justify claims before courts in the USA or other countries not bound by the ECE standard.

ECE R 22/05 France

The BMW GS helmet offered in France is compliant with ECE R 22/05. Retro-reflective stickers for France are available from your authorised BMW Motorrad dealer.

SAA/JIS standard

These instructions for use also apply to the versions of the GS helmet that satisfy the requirements of the Australian and Japanese standards.

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Disclaimer

Depending on the scope of equipment or accessories of your product from BMW Motorrad but also in the case of country-specific versions, deviations from the details described or illustrated in this booklet may occur. No claims will be entertained as a result of such discrepancies.

Dimensions, weights, fuel consumption and performance data are quoted to the customary tolerances.

The right to modify designs, equipment and accessories is reserved.

Errors and omissions excepted.

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