

Helmet Specifications Subject to  
Change Without Notice.

Contact to:



**ARAI HELMET, LIMITED**  
12 Azuma-cho,2-chome  
Ohmiya, Saitama  
Japan 330-0841

**ARAI HELMET (AMERICAS), LIMITED**  
P.O.Box 9485  
Daytona,FL 32120  
U.S.A

**ARAI HELMET (EUROPE), B.V.**  
P.O.Box112  
3870 CC Hoevelaken  
The Netherlands



## FACTS

ABOUT YOUR NEW HELMET  
PLEASE, READ BEFORE WEARING HELMET

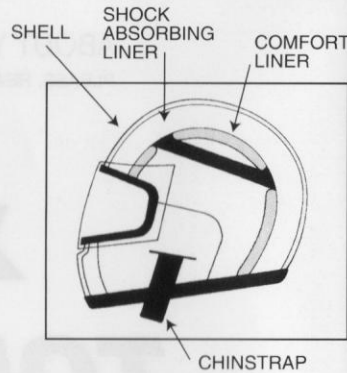
# XD<sup>3</sup> TOUR-X3

**NOTICE:** ALL PAINTED SURFACES ARE SUBJECT TO CHANGE, OVER TIME, DUE TO ENVIRONMENTAL FACTORS. SUCH CHANGES, SUCH AS FADING, ARE DUE TO THE EFFECTS OF SUN, VAPORS, CLEANING AGENTS, ETC. AND ARE TO BE CONSIDERED AS NORMAL WEAR AND TEAR AND, THEREFOR, NOT SUBJECT TO WARRANTY REPLACEMENT CLAIMS. IT SHOULD BE NOTED BY CONSUMERS CONTEMPLATING THE PURCHASE OF A HELMET WITH FLORESCENT (i.e. "DAY-GLO") SECTIONS TO ITS FINISH THAT THIS TYPE OF FINISH IS PARTICULARLY SUSCEPTIBLE TO EFFECTS OF THIS NORMAL WEAR AND TEAR.

We wish to take this opportunity to thank you for purchasing one of our ARAI helmets. We are confident that it will meet with your satisfaction and we offer this booklet of information to enhance your enjoyment of your new helmet. As the oldest manufacturer of safety helmets in Japan, ARAI has always been in the forefront of the helmet technology and we continue today as one of the leaders in the art and science of making helmets. However, even when built to the best of the current "state of the art", no helmet can guarantee absolute safety. Your helmet's function is to reduce the chance of severity of injury in an accident. Some reasonably foreseeable impacts may exceed any helmet's ability to protect against injury. Please bear this in mind when you ride and ride safely.

NOTES ON USE

The basic function of the helmet, to protect the head from the effects of a severe blow is accomplished by surrounding the head with a certain amount and type of material and space which work as a shock absorber and buffer. For optimum safety, a substantial amount of material is needed around the head. Therefore, although negligible, some degree of hearing, peripheral vision and physical movement may be sacrificed in order to properly protect your head. Remember this and ride accordingly.



For maximum safety, it is important that your helmet be a snug, comfortable fit on your head. It should not be too large so as to dance around on your head nor so small that it constricts and causes pain. When trying to move the helmet on the head, either in rotation and/or fore & aft, the skin should be pulled by the lining. If the lining slips easily over the skin the helmet is too large.



In the event of an accident, you will be subject to impacts that can come from any direction. Some may tend to lift the helmet from your head. Therefore, it is imperative that your chinstrap is securely fastened, keeping your helmet firmly in place whenever you ride.



Although your helmet is solidly built, like any fine piece of equipment, it should be handled with care. Dropping onto solid surfaces and other rough handling may damage the painted surface and/or decrease its ability to protect.



Use soft cloth with detergent and lukewarm water solution to clean both the inside and outside of your helmet. Never use petrol, thinner, benzene or any other solvents as these can adversely effect the shock absorbing liner and plastic components.



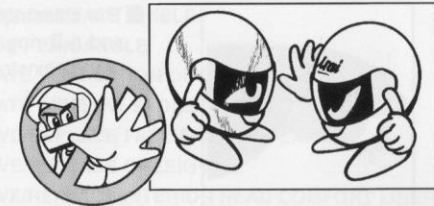
It is extremely dangerous to modify your helmet as it may decrease the ability to protect. For safety's sake, do not drill any holes in the shell or press or cut the shock absorbing liner. Use only ARAI's genuine parts when you replace parts of your helmet.



If painting your helmet, be sure to protect the entire inside of the helmet from the paint spray by masking all openings with paper and tape as paint can adversely effect the shock absorbing liner and plastic components. Use only air-drying paint, not paints that require heat curing. IMPORTANT: Do not remove any permanent Arai helmet components (such as the E.P.S., a.k.a. Styrofoam liner, chin straps, mounting rivets/bolts or non-removable interior comfort linings) to paint an Arai helmet or for any other reason.

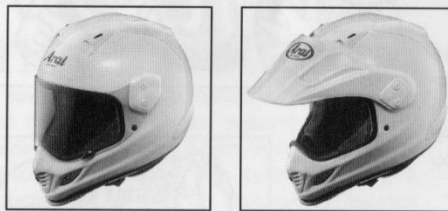


As is the nature of a good helmet, this helmet is so constructed that the energy of a severe impact is absorbed through partial destruction of the shell and/or liner. Such damage may not be visible to the naked eye. If the helmet suffers such an impact, and any doubt exists as to its further ability to protect, it should either be returned to the manufacturer for competent inspection or discarded and replaced by a new ARAI helmet.



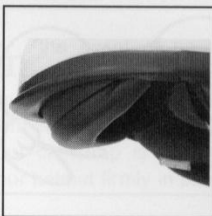
■ Dual front TDF2 Duct provides fresh air around the top of the head, which is then exhausted by means of Arai's unique Diffuser ventilation system.

■ Twin-Cam shield pivot system enables the shield to operate fully beneath the mounted peak and stay low when raised, allowing the peak to be mounted lower, resulting in better aerodynamics and a better appearance. It is also possible to use the helmet with just the shield or just the peak as desired.



■ Mouth vent system provides fresh air around mouth and/or helps prevent fogging by directing air up along the interior surface of the face shield, utilizing both exterior and interior vent controls.

■ Airflow spoiler disturbs the airflow around the bottom edge of the helmet and thus reduces drafts and wind noise. Also, a sub intake slit at both sides of the chin liner draws out hot air and moisture from inside the helmet even when the spoiler is in the down position.



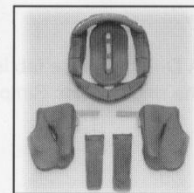
■ The chinstrap end-snap prevents flapping, and a D-ring release tab makes loosening of the chinstrap easier.



**CAUTION:** The peak supplied with your XD<sup>3</sup>/TOUR-X3 helmet is not suitable for high-speed use. At such speeds air catching a side or main surface of the peak may cause difficulty in returning the head to a forward and/or level position. You should experience this effect starting at low speeds and gradually increasing speeds so that you will know what to expect and determine when the peak should be removed for higher speed riding.

■ New Side exhaust-port cowlings produce an increased low-pressure area behind the vent for better hot air extraction. Inside, a small foam dam helps absorb and diminish excessive noise - without sacrificing ventilation performance.

■ The Dry-Cool<sup>®</sup> lined interior head comfort liner, cheek pads and chinstrap covers are completely removable and washable. Dry-Cool<sup>®</sup> materials allow the liner to dry much faster between rides.



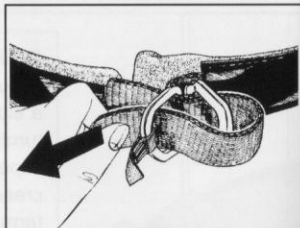
■ New Emergency Release cheekpad design allows easier access to an unconscious rider. The cheek pads slide out easily with the use of the integrated pull-tabs, which helps make helmet removal much easier for trained medical technicians.

**CONTENTS OF FOLLOWING PAGES**

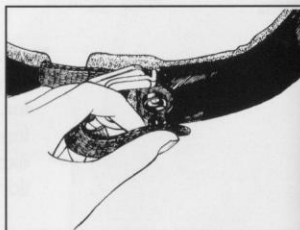
- A** TO OPERATE CHINSTRAP
- B** TO OPEN/CLOSE FACE SHIELD
- C** TO ADJUST PEAK ANGLE
- D** TO OPERATE VENTILATION DUCTS
- E** TO OPERATE AIRFLOW SPOILER
- F** TO REMOVE/REPLACE FACE SHIELD / PEAK
- G** TO REMOVE/REPLACE CHEEKPADS
- H** TO REMOVE/REPLACE INTERIOR HEAD COMFORT LINER
- I** TO REMOVE/REPLACE CHINSTRAP COVERS

**A TO OPERATE CHINSTRAP**

For proper fastening the chinstrap must be routed through the D-rings as illustrated and pulled through them securely.

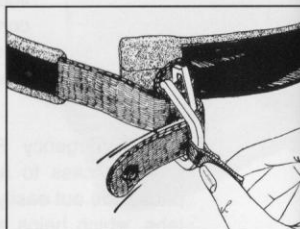


The end-strap snap is provided only to allow the wearer to prevent the end of the strap from flapping in the air-stream.



**WARNING:** it is not part of the retention system and should not be relied upon even when carrying the helmet by the strap as it will release under little stress.

A D-ring release tab is provided to make the loosening of the rings easier. Simply pull as illustrated.



**B TO OPEN/CLOSE FACE SHIELD**

Pull outward on the shield lock tab to release lock system and then raise shield. The shield can only be opened when the lock tab has cleared the landing.



To close the shield, pull down the shield until the shield lock tab fully locks into place.



Apply one or two drops of supplied silicone lubricant around edge trim and on other moving parts and wipe off with soft tissue paper to maintain proper operation.

**NOTE:** Only use Arai genuine silicone lubricant supplied with your helmet or sold at your Arai dealer. The use of non-Arai silicone lubricant may result in damage to the plastic components. There are many "aggressive" cleaners on the market, including some supposed to be specifically for use on helmets and face shields. Arai strongly recommends that you do not use any such products to clean your helmet as some of their ingredients may have damaging effects on the ancillary plastic parts installed on it. Use only mild soap and luke warm water to clean the interior and exterior of your Arai helmet.

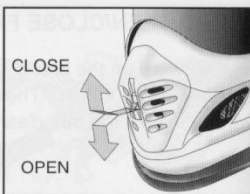
**C TO ADJUST PEAK ANGLE**

Slightly loosen all four screws of the peak with a coin or flat blade screwdriver so that the peak can be moved up and down without scratching helmet surface. Put the helmet on and adjust the peak to the desired position. Tighten the screws and take helmet off. Tighten all screws firmly but do not overtighten.

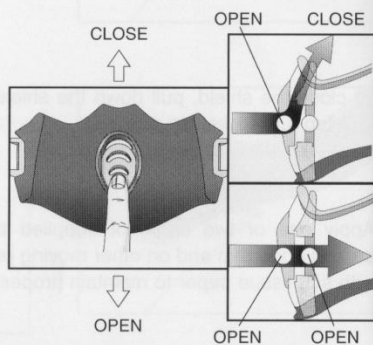


**D TO OPERATE VENTILATION DUCTS**

Simply slide the vent control down to open the chin ventilation duct.



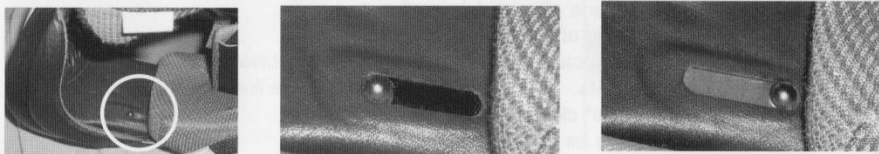
Air is then directed up along the interior surface of the face shield to help prevent fogging when the shutter inside is closed.



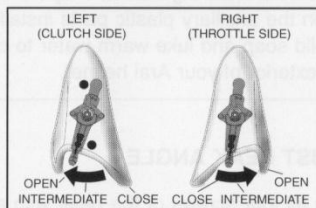
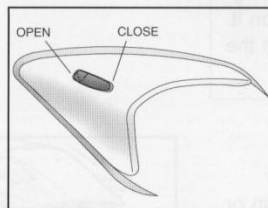
When the shutter inside is open air is directed to the mouth area to provide fresh air inside the helmet.

Simply slide the lever forward to open the sub intake slit at both sides.

← OPEN → CLOSE

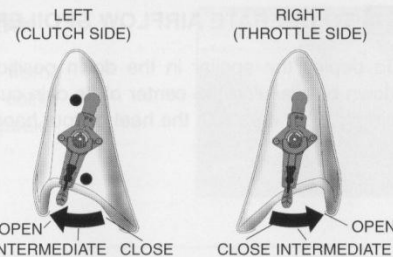


Simply push/slide the switch/lever on each duct to open/close the ducts as illustrated.

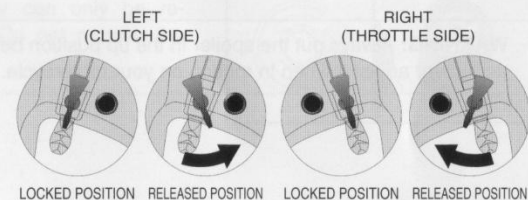


**WARNING:** Never attempt to adjust ventilation ducts when in motion riding your motorcycle. Do not use oils or waxes to lubricate vents or other moving parts. If you must lubricate such components please sparingly use the silicone lube provided with your helmet for eyeport trim dressing.

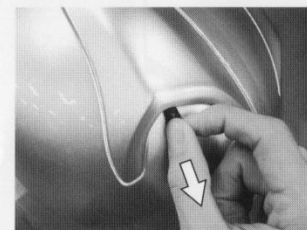
To remove diffusers for cleaning or maintenance, first slide the black open/close lever at each side of the diffuser outward to fully open position.



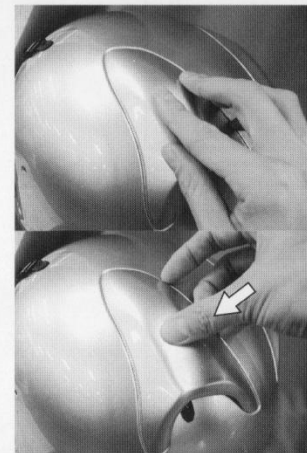
Then slide the red lock lever at each side of the diffuser inward to release lock system.



Finally slide back the black open/close lever inward to intermediate position, and pull the black lever down/backwards to remove the diffuser on each side.

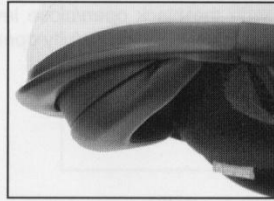


To replace diffusers, place diffuser on helmet (contour of each diffuser will match the recess of the helmet shell) and push on the center of the diffuser until it snaps home. Repeat for the other side. Be sure the diffusers are fully secured to the helmet shell and the red lock levers are in the locked position.



**E TO OPERATE AIRFLOW SPOILER**

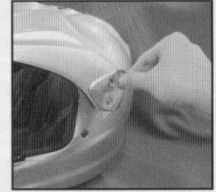
To deploy the spoiler in the down position simply pull it down by grasping the center of its chin curtain. To retract, simply push it up with the heel of your hand.



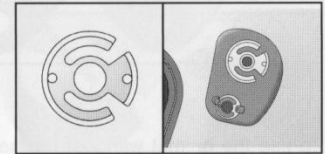
**WARNING:** Always put the spoiler in the up position before putting your helmet on and off, and never adjust it when in motion on your motorcycle.

**F TO REMOVE/REPLACE FACE SHIELD/PEAK**

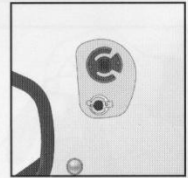
To remove shield/peak, remove the two screws from each side of the peak with flat blade screwdriver or coin. Remove the pressure plate from each side of the peak. The shield/peak can now be removed.



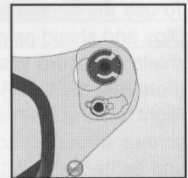
The black spring clip on each side may be removed for cleaning but please note that they can only be re-installed properly in one direction. Do not remove the base plates from the helmet.



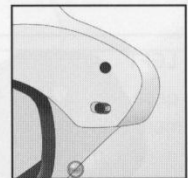
To replace shield/peak, place the black spring clip on the base plate on each side as illustrated (pay attention to the proper direction).



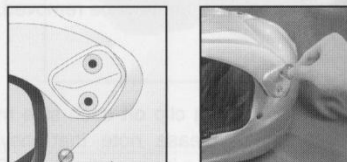
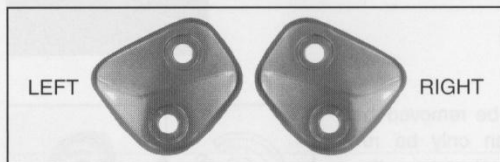
Place the shield on the helmet in the fully closed position, as illustrated,



and place the peak so that the two screw holes line up ensuring the two pins of the base plate are in the lower screw hole of the peak, as illustrated.



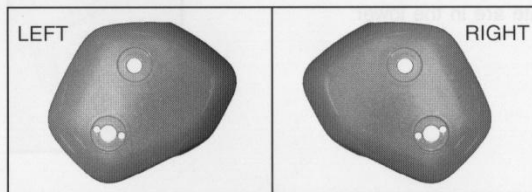
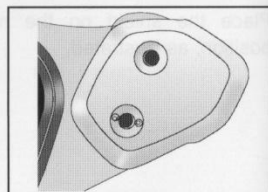
Place the pressure plate on the peak (note that the L & R embossed on the plate indicate Left and Right on the helmet when the helmet is worn) and install the two screws through each pressure plate into the helmet and tighten with flat blade screwdriver or coin. Do not overtighten. Work the shield up and down to check the operation.



To use the helmet with just the peak, place the black spring clip on each side as per previous instructions. Place the peak, pressure plates and screws, then tighten screws as per previous instructions.



To use the helmet with just the shield, place the black spring clips and shield as per previous instructions. Then, place the shield pressure plate, included in package, on the shield (note that the L & R embossed on the plate indicate Left and Right on the helmet when the helmet is worn), install the screws through each shield pressure plate into the helmet and tighten with flat blade screwdriver or coin. Do not overtighten. Work the shield up and down to check the operation.



Shield pressure plate set included in package.

**G TO REMOVE/REPLACE CHEEKPADS**

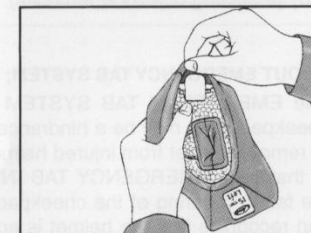
When first servicing the cheekpads, it is suggested that you do only one at a time so that the other can be used as installation guide.

To remove cheekpads first undo chinstrap, then pull pad toward the rear of the helmet.

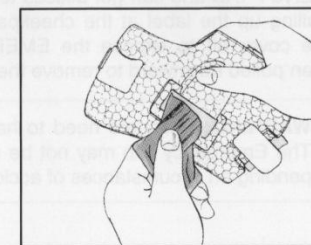
Then inward to release and slide it off the strap.



To take off fabric covering for washing, peel the cover off over the exposed plastic tab until all the fabric is on the face side surface.



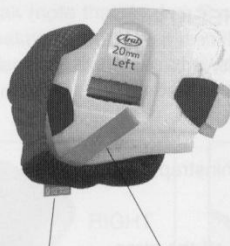
Then draw the cover through the opening by grasping the rectangular collar and pulling.



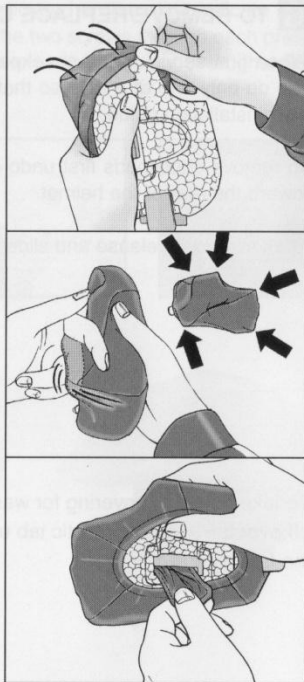
To wash the fabric covering, put them into lukewarm water with small amount of laundry soap and wash gently by hand. Rinse well with a fresh water and wipe off with a soft cloth. Dry them in the shade at ambient temperature.

**WARNING:** Never use petrol, thinner, benzene or any other solvents.

To replace fabric covering, ensure it is turned right side out, and stretch the covering over pad so that the label that says **EMERGENCY TAB INSIDE** sewn on the covering comes at the front bottom of the cheekpad assembly, and adjust the covering to lie smoothly. Be sure **EMERGENCY TAB** is covered by the fabric covering. Then push the rectangular collar through the pad assembly and adjust into final position.



"EMERGENCY TAB IN SIDE" LABEL      EMERGENCY TAB



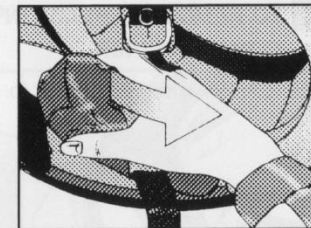
**WARNING;** Do not leave the **EMERGENCY TAB** outside the fabric covering. The looped tab may be caught by projecting objects when riding.

**ABOUT EMERGENCY TAB SYSTEM;**

The **EMERGENCY TAB SYSTEM** is to smoothly remove cheekpads that may be a hindrance when rescuers attempt to remove helmet from injured helmet wearers. With the label that says **EMERGENCY TAB INSIDE** which is sewn on the fabric covering of the cheekpad at each side, rescuers can recognize that the helmet is equipped with the **EMERGENCY TAB** and can get access to the tab at each side by pulling up the label at the cheekpad covering and peeling the cover off to expose the **EMERGENCY TAB** which is then pulled downward to remove the cheekpad.

**WARNING;** Rescuers need to have sufficient knowledge and training about this system. The Emergency Tab may not be an effective measure to securely remove cheekpads depending on circumstances of accident or condition of injured wearers.

To replace pad in helmet (note that "Left & Right" labels indicate the side of the head the pad is on when the helmet is worn), slip pad onto strap.



Then place the large uncovered tab toward the rear of the helmet and push it under the main padding.

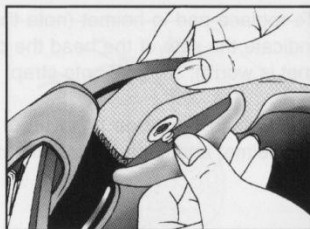
Push pad fully into place until small covered front tab snaps fully home. Push the rest of the pad firmly into place as necessary.





**H TO REMOVE/REPLACE INTERIOR HEAD COMFORT LINER**

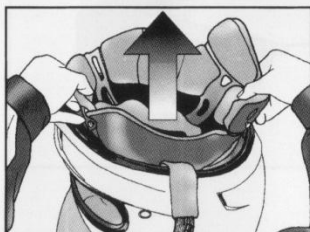
The comfort liner is secured to the helmet by the 4 bosses.



To remove comfort liner, undo 4 bosses by grasping the comfort liner as close to each boss as possible.



Observe the fore & back, top & bottom sides of the comfort liner for replacement.



In case you wash the comfort liner, put it into lukewarm water with small amount of laundry soap and wash gently by hand. Rinse well with a fresh water and wipe off with a soft cloth. Dry it in the shade at ambient temperature.

**WARNING:** Never use petrol, thinner, benzene or any other solvents.

To replace comfort liner, place the 4 bosses over their receptacles and push them home.

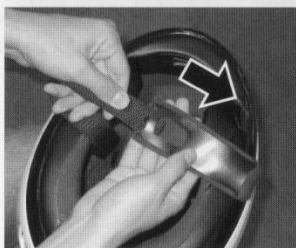


**WARNING:** When reinstalling interior head comfort liner, be sure it is properly positioned along the inside shape of the E.P.S. (Styrofoam) liner. If the comfort liner is not properly installed, the frame of the comfort liner may fold when you put on and take off the helmet, which may injure your skin, etc. Whenever you feel something is wrong with the comfort liner, check that the comfort liner is properly installed.

**1 TO REMOVE/REPLACE CHINSTRAP COVERS**

To remove chinstrap covers, first, remove cheekpads as per previous instruction.

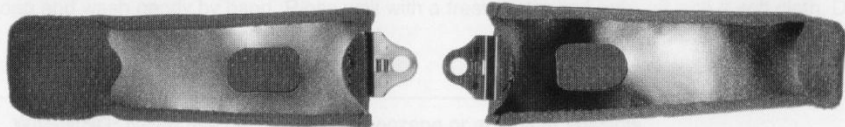
Remove plastic chinstrap anchor cover from the steel chinstrap anchor and slide the cover off the chinstrap.



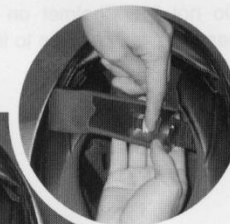
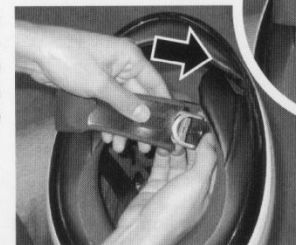
Note the right and left, inside and outside of the chinstrap covers for replacement.

left chinstrap cover (D-Ring side)

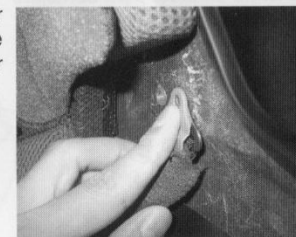
right chinstrap cover (long side)



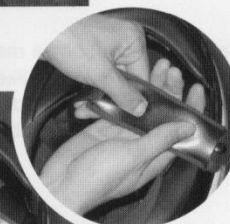
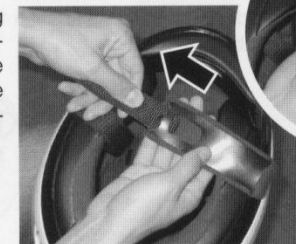
To replace the left chinstrap cover (D-Ring side), ensure the female Chinstrap End-Strap Snap side of the chinstrap and the leatherette-side of the chinstrap cover both face outward, slip chinstrap cover onto the chinstrap.



Position plastic chinstrap anchor cover over the steel anchor and push the cover in the anchor until the tab on the back of the cover snaps fully home.



To replace the right chinstrap cover (long side), ensure the cap side of Chinstrap End-Strap Snap (Arai logo impressed) on the chinstrap and the leatherette-side of the chinstrap cover both face outward, slip chinstrap cover onto the chinstrap.

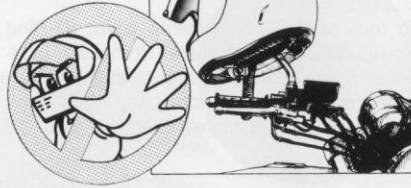


Position chinstrap anchor cover over the anchor and push the cover until the tab on the back of the cover snaps fully home.

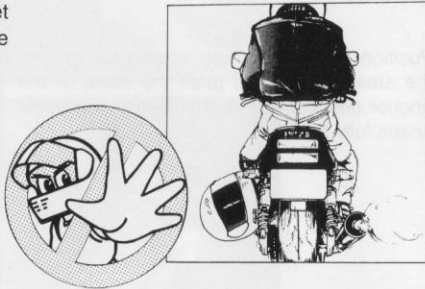


Replace the cheekpads as per previous instruction

Do not "park" helmet on mirror stalks or sissy bars to avoid damage to liner.



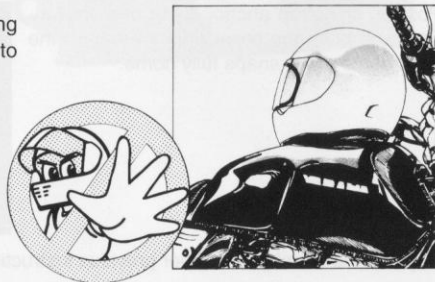
Do not carry helmet on the motorcycle's helmet lock while riding to avoid exhaust pipe burns, tire abrasion, and strap damage.



Keep helmet out of the reach of pets to avoid the interior being chewed like a shoe, or scratched, like a sofa, as all too often happens. Such damage can be irreparable.



Do not expose helmets to solvents including gasoline, or their fumes to avoid damage to shields, small plastic components and interior.



Do not carry helmet on the inside of your bag to avoid damage to liner.



Do not carry helmet on the motorcycle's handle bar while riding to avoid damage from vibration and sharp debris.



Always hold helmet by the sides of the shell to avoid the chin strap or buckles being scratched.



Damage can be repaired.

Do not use solvents, including alcohol, gasoline, or kerosene, to clean helmet to avoid damage to shields, small plastic components and interior.



Helmet Specifications Subject to Change Without Notice

Contact for: ARAI HELMET LIMITED  
12 Avenue des Champs  
Champs Elysees  
Paris 8e 75008  
ARAI HELMET (AMERICA) LIMITED  
400 5th Ave  
New York, NY 10018  
U.S.A.  
ARAI HELMET (EUROPE) SA  
100012  
BRUXELLES

