

APACHE

LIGHTNING

FITMENT GUIDE



FITTING INSTRUCTIONS

STEP 1: MEASURE HEAD CIRCUMFERENCE

- ✓ Use a fabric or paper tape measure (or string and ruler) to find the head circumference in inches.
- ✓ Make sure the tape measure touches the following points on the head:
 - 1 inch above the browline
 - 1/2 inch above the ears
 - Occipital bone on the back of the head

NOTE: For those with thicker hair, compress tape measure until feeling the hair “push back” or create slight resistance to the tape measure. This will serve as a good approximation for the helmet fit.



STEP 2: SELECT THE HELMET SIZE

Apache Lightning	SMALL	MEDIUM	LARGE	EXTRA LARGE
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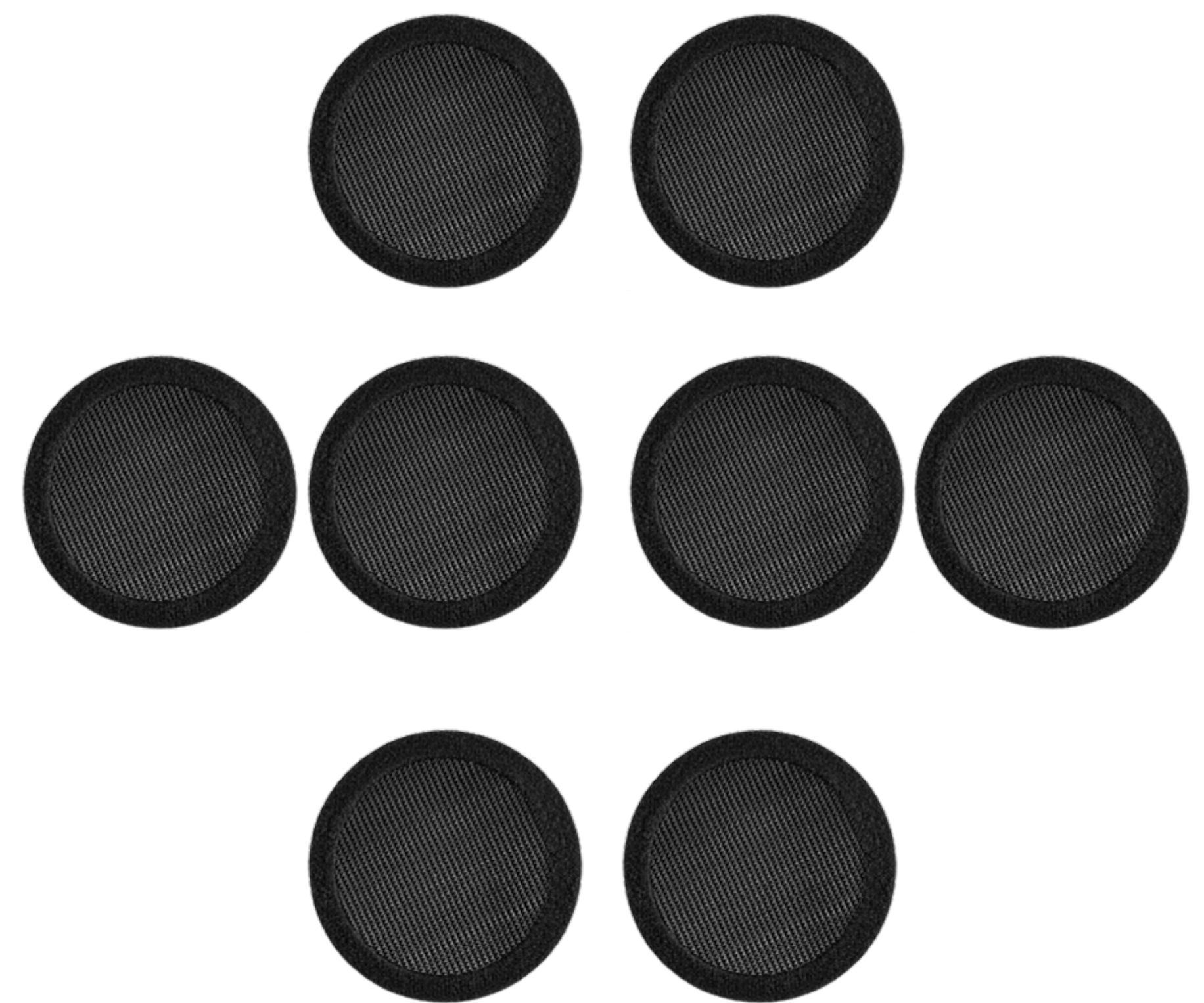
- ✓ Refer to the size chart for a starting point in selecting helmet size. You may need to go up or down in size after checking for proper fit.
- ✓ If an athlete’s head size is directly in between sizes, choose the larger size helmet.

STEP 3:

LEARN ABOUT THE LIGHT FITTING SYSTEM

- The LIGHT Apache Lightning helmet comes with 20 round fit pads attached to the interior liner using hook & loop velcro fasteners. Each helmet includes 8 shims that can be placed between the liner and pads to further customize the fit.

The pads and shims can be adjusted to accommodate unique head shapes, providing a personalized and secure fit. Additional fit pads (1/2 and full thickness) and shims are available for purchase on the LIGHT Helmets website.



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STEP 4 (A): PUT ON THE HELMET & ADJUST THE FIT

HELMET



✓ Hold helmet with thumbs over the bottom of the jaw pads. Place index fingers into ear Holes and pull down helmet into position.

✓ If the helmet fits too loose you can use the provided fitment shims to secure a better fit. The fitment shims are designed to be installed underneath the fitment pads and can be placed in any location in order to customize the fit of the helmet.

✓ If the helmet fits too tight and moving the fit pads does not help to achieve a good fit, please call or email LIGHT Helmets to explore changing the size of the liner in the helmet or utilizing half-thickness fit pads.

✓ The fit pads and shims utilize extra strength hook & loop fasteners in order to keep the pads secure within the helmet.



✓ Please take care when removing the fit pads and shims from the helmet so that you do not rip the hook & loop fasteners off of the helmet.

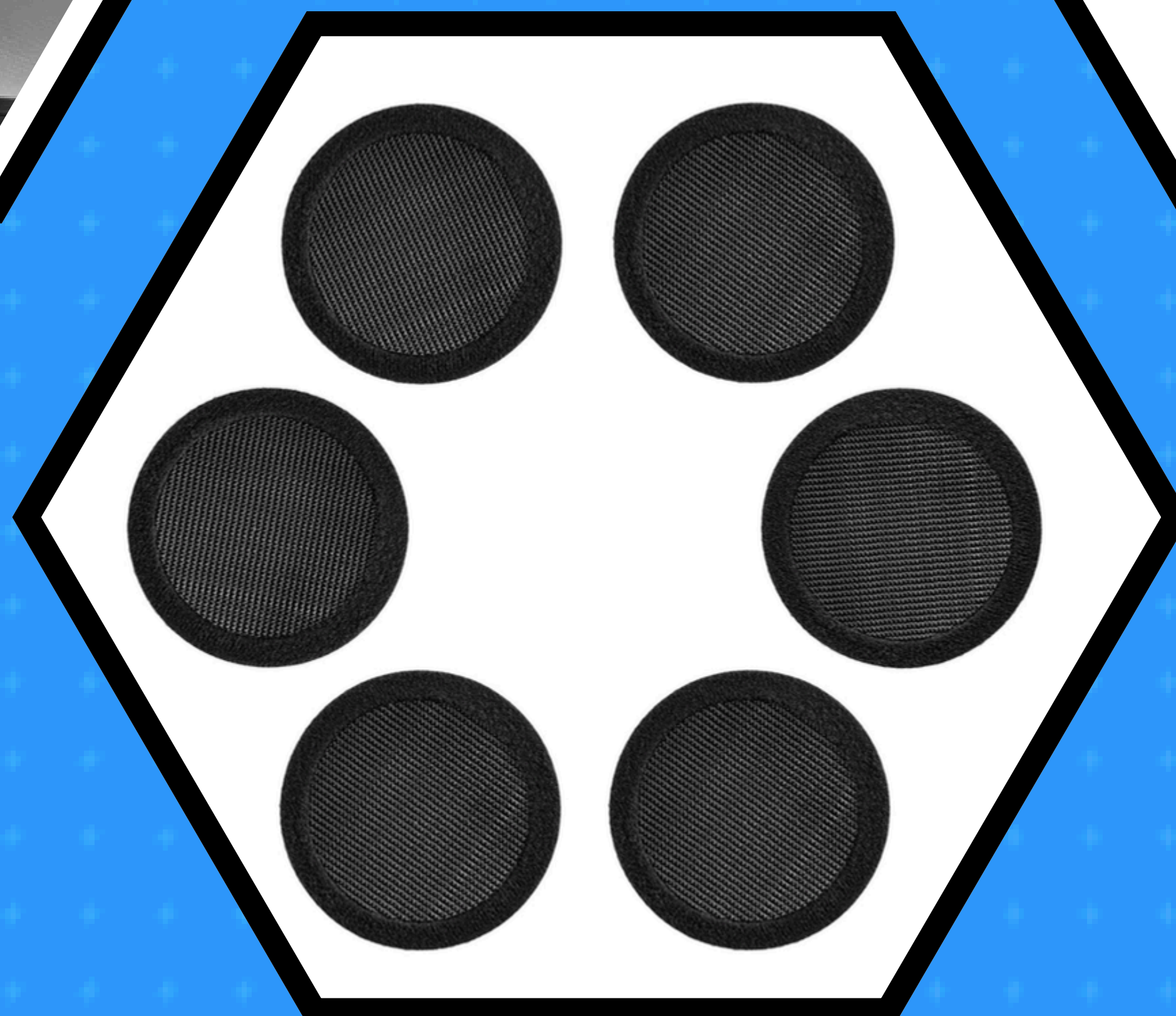
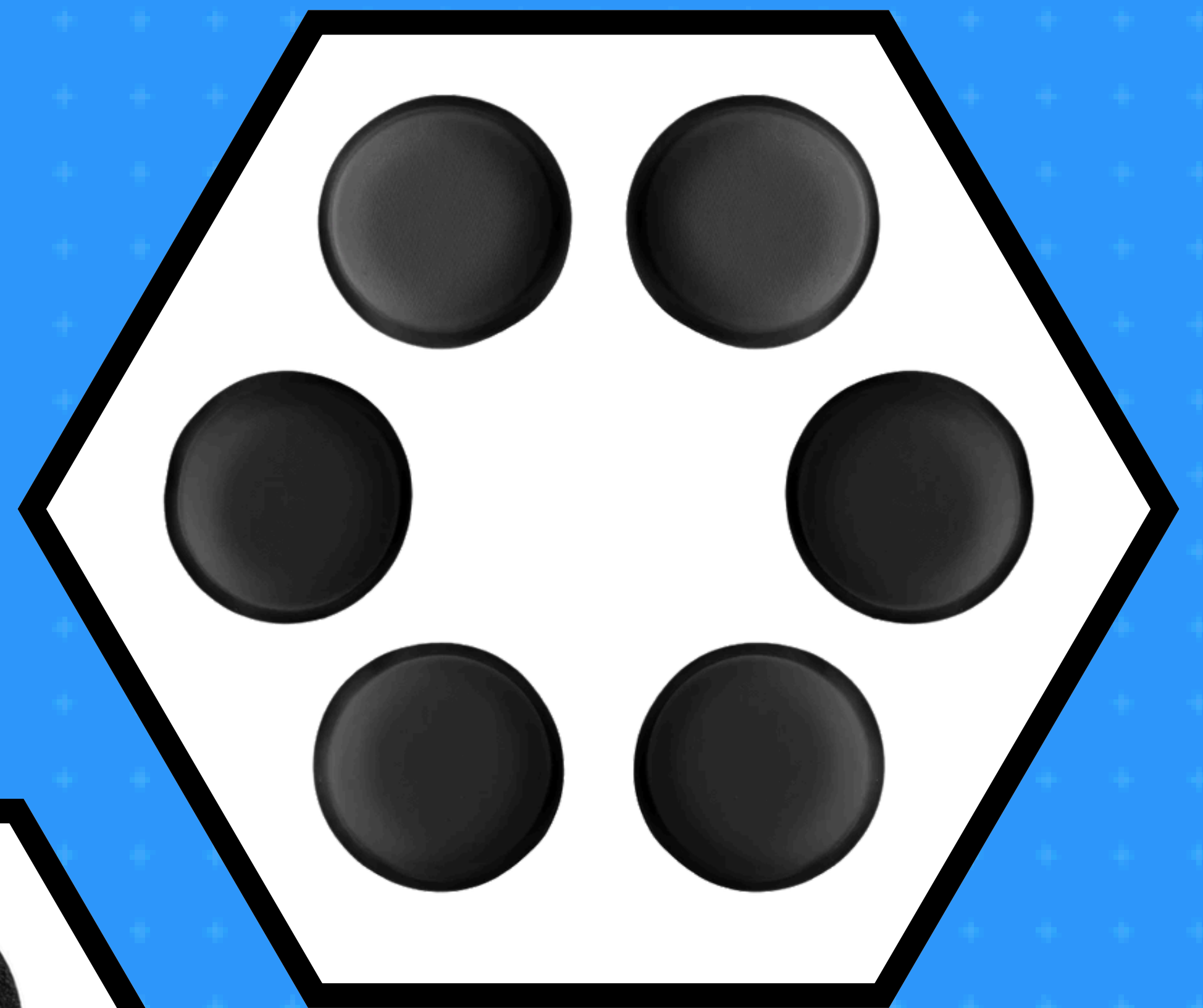


STEP 4 (B):

PUT ON THE HELMET & ADJUST THE FIT

JAW PADS

- ✓ The LIGHT Apache Lightning comes with a standard circular size jaw pad, designed to provide optimal fit and comfort.
- ✓ LIGHT Helmet jaw pads are attached with extra-strength hook & loop fasteners, ensuring a secure and adjustable fit. The jaw pads should fit firmly against the jaw without causing significant compression of the jaw pad foam.
- ✓ The jaw pad fit pads are the same circular pads used throughout the rest of the helmet, allowing for consistent customization.
- ✓ Additional shims can be purchased from the LIGHT Helmets website. Please take care when removing the jaw pads to avoid damaging the hook & loop fasteners.



STEP 4 (C): PUT ON THE HELMET & ADJUST THE FIT

CHIN STRAP

- ✓ The chin straps need to be thread **FLAT** and **UNDER** the face mask.
- ✓ The player should hold the chin cup firmly in place on his/her chin with the hand while the chin straps are attached **AND** adjusted. The player should not let go of the chin cup until instructed to do so by the person attaching and adjusting the chin straps.



- ✓ Adjust and fasten the top straps and then the bottom straps.
- ✓ Measure to make certain that the buckles are the same distance from the end of the strap on both sides.
- ✓ Once chin straps are adjusted for proper fit, the athlete should feel firm pressure and still be able to open his/her mouth.
- ✓ Chin straps **SHOULD NOT** be adjusted once properly fit. Loosening the chin straps alters the proper fit of a helmet.

STEP 5: CHECK THE FINAL FIT

If the helmet does not meet ALL of the following checklist items, the player needs a different size of helmet.

- ✓ The helmet rests 1" above the eyebrow.
- ✓ The player's ear canal is lined up with the helmet's ear holes and you can see the player's ear canal through the ear holes.
- ✓ The player's Occipital bone is completely covered by and touching the back of the helmet. The person fitting the helmet should be able to slide a hand under the back edge of the helmet, but not be able to go past the Occipital bone.
- ✓ Check for movement. Instruct the player to keep his/her head still while you turn the helmet side-to-side/up-and-down. Look for the player's forehead skin to move with the helmet.
 - The player's skin moving with the helmet indicates a good fit.
 - If the helmet moves independently of the player's forehead skin when it is moved side-to-side, the helmet is too big. Add shims to the helmet or consider putting the player in a smaller size helmet.
 - If the helmet touches the player's eyebrows when the helmet is moved up and down, the helmet is too big. Add shims to the helmet or consider putting the player in a smaller size helmet.
- ✓ Have the player remove the helmet and check for:
 - Red mark on the forehead - this indicates a good fit.
 - White mark on the forehead - this indicates the helmet is too tight. Put the player in a larger size helmet.

BASIC HELMET CARE TIPS

Keeping your LIGHT helmet clean and well-maintained is essential not just for performance, but for your health and safety. Regular care helps prevent bacterial buildup, preserves materials, and ensures your helmet stays game-ready all season long.

Follow these simple steps to keep your helmet clean, safe, and in top condition:

- ✓ **Remove Padding Before Cleaning**
 - Take out the chin strap, jaw pads, and any removable padding before starting.
- ✓ **Create a Mild Cleaning Solution**
 - Mix 1–2 drops of mild dish soap with warm water in a clean container.
- ✓ **Wipe Away Loose Debris**
 - Use a clean rag to remove dirt, grass, and debris from the helmet's surface.
- ✓ **Clean the Interior**
 - Dip a rag into the soapy water and thoroughly wipe down the inside of the helmet.
 - Pay extra attention to areas where sweat and odor collect.
- ✓ **Rinse Thoroughly**
 - Use a separate rag dipped in clean water only to wipe away any soapy residue inside the helmet.
- ✓ **Clean Pads & Straps**
 - Wipe down the ear pads, chin strap, and jaw pads with a rag dipped in soapy water.
 - Avoid soaking these items use a separate clean rag with water only to rinse them off.
- ✓ **Clean the Exterior**
 - Use a rag dipped in soapy water to clean the outside of the helmet. Apply pressure to remove buildup, but be careful around decals and paint. Rinse with a clean water rag.

DO NOT USE: Solvents, bleach, ammonia, or any harsh chemicals.

These can damage your helmet's materials and compromise its safety.

SAFETY CHECK REMINDERS

Inspect your helmet regularly for cracks, rust, or loose hardware.

Need help or have questions about helmet care?

Contact us and we'll be happy to help.

CERTIFICATIONS & MARKINGS

	This Football Helmet Model is certified by the Safety Equipment Institute/NOCSAE in accordance with the requirements of NOCSAE ND002-17m24a, Standard Performance Specification for Newly Manufactured Football Helmets.
	Meets PPE Requirements according to the Regulation (EU) 2016/425

ADDITIONAL INFORMATION

LIGHT Apache Lightning meets the requirements and complies with the Essential Health & Safety Requirements (Annex II) of the PPE Regulation (EU) 2016/425, Category I

This model is certified by CCQS Certification Services Ltd. Block 1, Blanchardstown Corporate Park, Ballycoolin Rd., Blanchardstown, Dublin 15, Ireland D15 AKK1 Notified Body: 2834

EU Declaration of Conformity is available at [\[link\]](#)

Visit: lighthelmets.com for more product details, videos and more

WARNINGS, TERMS, AND CONDITIONS



WARNING WARNING WARNING

**NO HELMET CAN PREVENT SERIOUS HEAD OR
NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL.**



Do not use this helmet to butt, ram, or spear an opposing player, This is in violation of the football rules and such use can result in severe head or neck injuries, paralysis, or death to you and a possible injury to your opponent. Contact in football may result in concussion-brain injury which no helmet can prevent. Symptoms include: loss of consciousness or memory, dizziness, headache, nausea, or confusion. If you have symptoms immediately stop playing and report them to your coach. Do not return to a game or practice until all symptoms are gone and you have received medical clearance. Ignoring this warning may lead to another and more serious or fatal brain injury.

1. This helmet must be properly fitted. See fitting instructions.
2. DO NOT modify, change, or alter this helmet in any way.
3. No headgear can protect against all possible impacts. For best performance, must be fitted and attached properly according to manufacturer fitting instructions.
4. Projected life of this product is ten years. To be recertified by LIGHT Helmets ONLY. Must be reconditioned every two years to uphold warranty.
5. Helmet protection can be seriously reduced by accidental, incidental, or intentional contact with common substances. (e.g.: certain solvents, cleaners, hair treatments, etc.) Damage may or may not be visible to the user. Use ONLY LIGHT Helmets paints, cleaners, or wax. See instructions at www.LIGHTHelmets.com

1. Football is a dangerous contact sport. Use this helmet at your own risk.
2. Read this entire Brochure before putting on or attempting to fit the helmet.
3. Each time you play football you potentially risk head, brain, neck and facial injuries, including paralysis or death. Before using this helmet, you need to understand these risks so you may try to reduce them.
4. When you play, keep your head up. Do not use this helmet or the facemask to butt, ram, spear, or strike another player. This is a violation of football rules and may result in severe brain and/or neck injury, including paralysis or death, to you or your opponent. There is also risk of injury as a result of accidental contact with this helmet. Use this helmet and all football equipment properly and follow all rules of play.
5. This helmet and facemask WILL NOT prevent head, brain, neck or facial injuries from intentional or accidental contact.
6. Do not play if you are injured. Contact in football may result in CONCUSSIONS-BRAIN INJURY. Symptoms include: loss of consciousness or memory, dizziness, loss of balance, headache, neck or spine pain, nausea, vomiting or confusion. If you experience any of these symptoms or other symptom you believe may be the result of an impact to the head, immediately stop playing and report them to your coach, trainer, doctor, and parents. Do not return to a game, practice or contact until all symptoms are gone for an extended period of time and you receive medical clearance.
7. Fit your helmet using the LIGHT Helmets Fitting Instructions before playing or practicing.
8. For more information on concussions go to the Center for Disease Control Resource Center at https://www.cdc.gov/concussion/HeadsUp/clinicians/resource_center/complications_of_concussion.html



LIGHTTM **H E L M E T S**

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