SENA



R2

SMART ROAD CYCLING HELMET

USER'S GUIDE

Version 1.0.0

ENGLISH

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1. ABOUT THE R2

1.1 Product Features

Bluetooth® 4.1

Four-Way Intercom

Intercom up to 900 m (0.6 mi)*

Taillight

Advanced Noise Control™

* in open terrain

1.2 Helmet Information

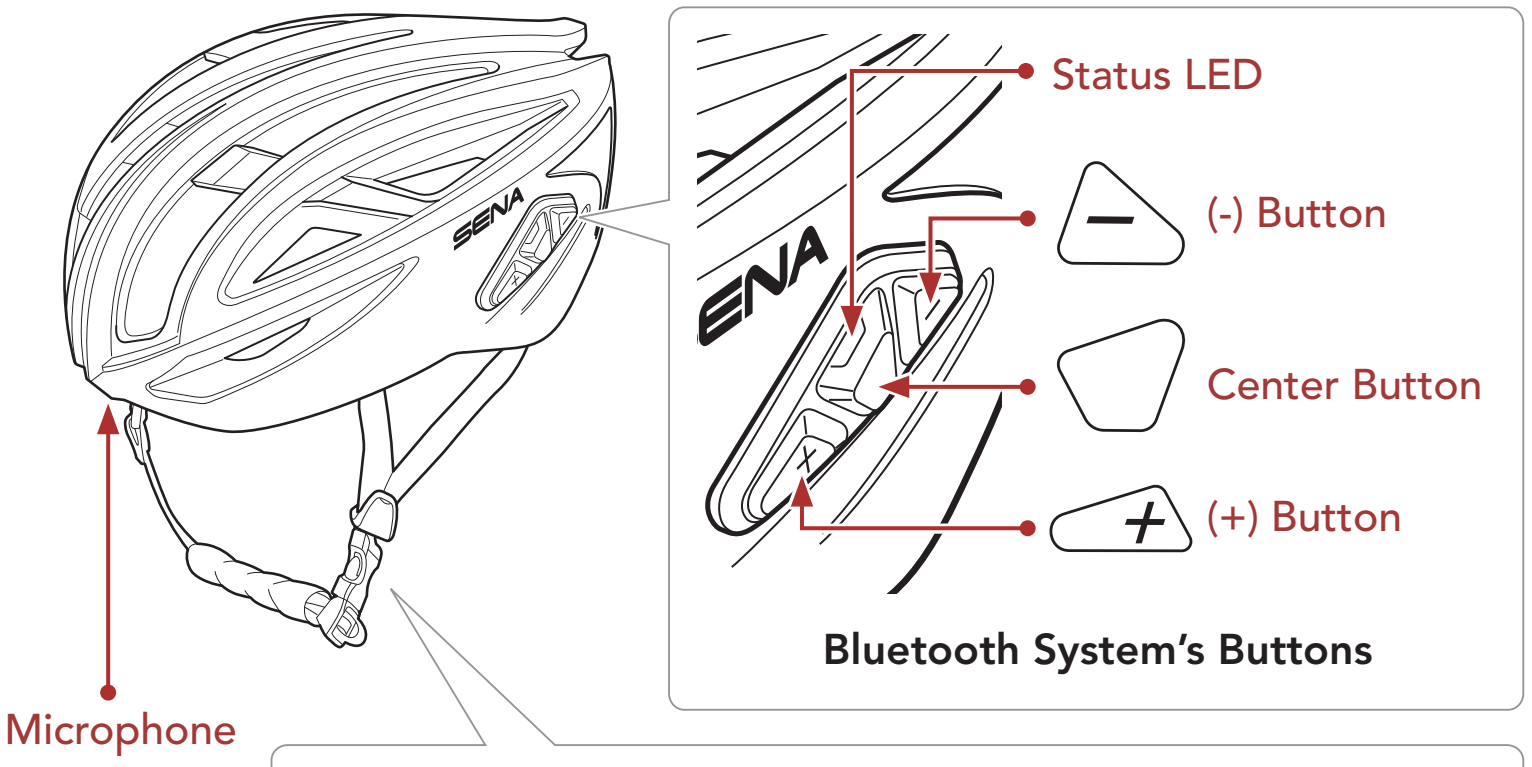
This product is a road cycling helmet. Do not use it for any other purpose than riding a bicycle. If you use the helmet for anything else, it may not provide sufficient protection in an accident.

Sena recommends that you choose a helmet which provides the most coverage, as a helmet that covers more of your head may provide additional protection. Always wear your road cycling helmet low in the front to protect the forehead, as this area is most likely to be impacted in a bicycle crash. Make sure the helmet fits comfortably and is tightly fastened at all times.

⚠ WARNING

- Your helmet will not protect against injury in all types of accidents. Even while wearing a helmet, low speed accidents may result in serious head injury or death. A road cycling helmet will not protect against injuries to the spine, neck or face. In the event of any impact, do not use this helmet. There may be damage invisible to you, which may reduce the ability of the helmet to reduce the harmful effects of a blow to the head. Such helmet should be returned to Sena for inspection, or destroyed and replaced.
- Do not modify or remove any original part of the helmet. Do not use heat damaged helmets. Heat damaged helmets will appear to have uneven or have bubbly surfaces.
- This User's Guide and the stickers inside your helmet contain many instructions and warnings about your helmet. It is important for you to understand everything communicated in them before your first ride. If you do not, please contact your authorized Sena Retailer with any questions you may have. Failure to follow any of the provided instructions or warnings could void your warranty, and most importantly, could result in severe personal injury or death. If you are a parent or guardian and this helmet is for your child, please take the time to read this manual as you should make sure your child understands everything in this User's Guide.

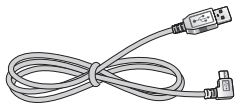
1.3 Product Details



1.4 Package Contents



R2 Helmet



USB Power & Data Cable



Helmet Pouch

2. WEARING THE HELMET

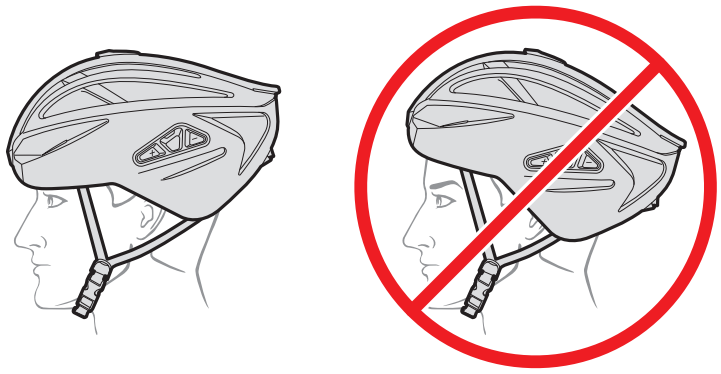
2.1 How to Wear The Helmet

For proper use, the helmet must sit level on the head and low on the forehead. The Sena helmet uses a simple, quick-release buckle system that, once adjusted, can be buckled and unbuckled without changing the adjustment. For proper use, the straps must be tight and evenly tensioned.

To properly wear your helmet:

1. Position the helmet on your head with the front covering your forehead. If the helmet is tipped back and is not covering your forehead then the helmet is not in the proper position.

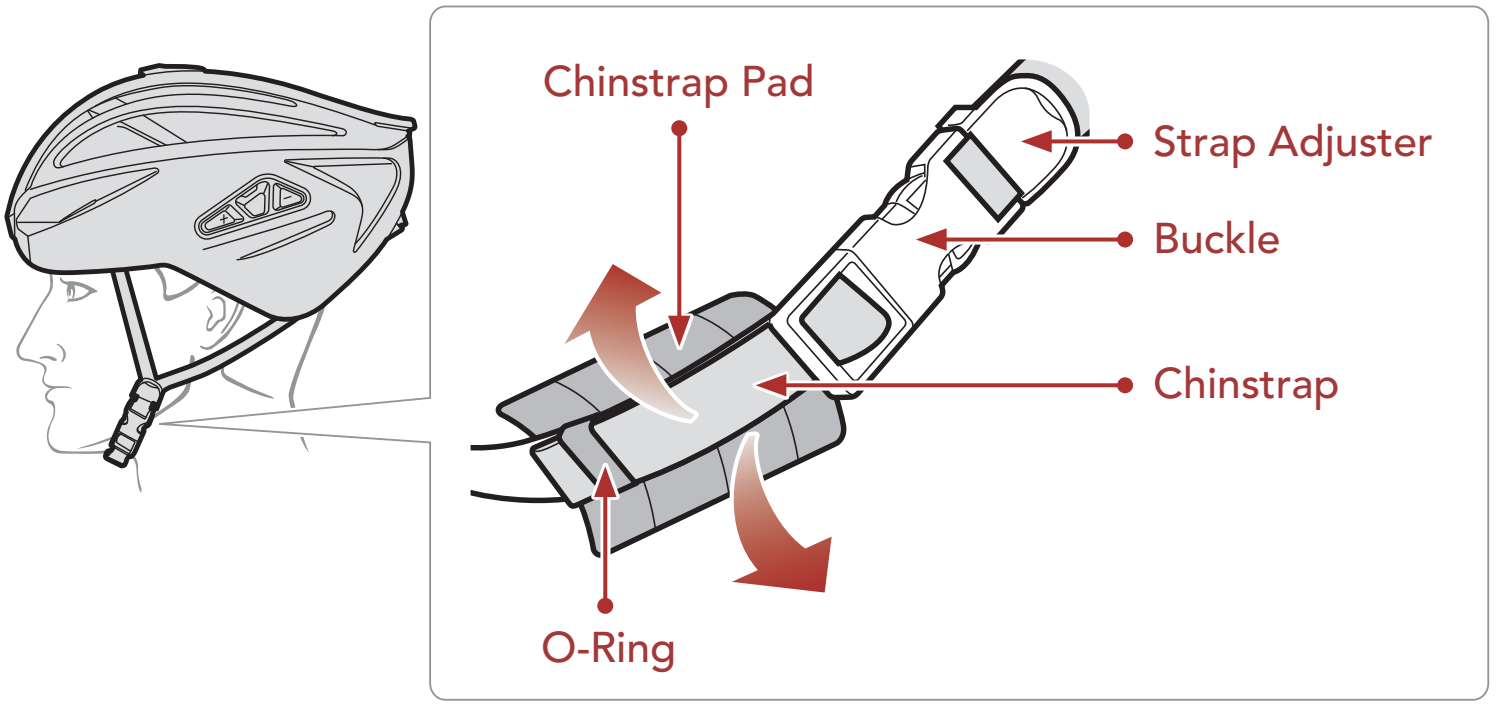
2. Position the strap adjuster centered, just below your ears.



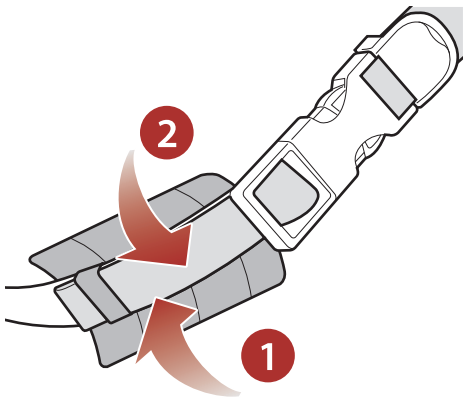
> ⚠ **WARNING:** Always wear the helmet in the proper position on your head with the front of the helmet covering your forehead for maximum protection. Never wear the helmet tipped back as the helmet will be in the improper position causing your forehead to be exposed. All fitment adjustments need to be made with the helmet in the proper position.

3. Position the helmet low on your forehead with the buckle under the chin and back against the throat. The straps should fit comfortably around both ears.

4. After removing the chinstrap pad, adjust the chinstrap tension at the buckle with the strap adjuster in the proper position. Adjust the tension so the chinstrap is tight and comfortable by pulling the chinstrap end through the buckle to either tighten or loosen as needed.

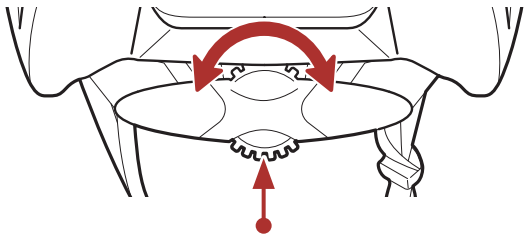


5. Secure the excess strap with O-ring and then attach the chinstrap pad. Always wear the helmet with the chinstrap buckle fastened and the chinstrap pulled tight and positioned back against the throat. With the strap buckled and the helmet positioned, you should feel the chinstrap pull firmly against your chin as you open your mouth. When properly adjusted the helmet will wrap around your head and cradle it with firm, but comfortable pressure.

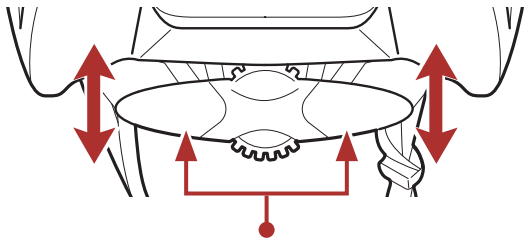


6. Your helmet is equipped with an adjustable retention system which helps stabilize the helmet in the correct position when you ride. When wearing the helmet, turn the retention system knob clockwise to tighten the helmet or counterclockwise to loosen the helmet.

7. To change the height of the retention system, firmly pull or push the retention system upward or downward to a different position.



Retention System Knob



Retention System

⚠ WARNING: For maximum protection, this helmet must be fitted and attached properly to the wearer's head in accordance with the following instructions. If after adjustment the helmet does not fit properly, do not use the helmet. Return it to the retailer or Sena.

2.2 Helmet Fitment Check

With the retention system knob turned clockwise until comfortably tight and the chinstrap buckled under the chin and back against the throat, grab the helmet with both hands and try to remove it by rolling the helmet forward and backward as far as you can. This is an important test to ensure that the helmet fits correctly. When you do this, you should feel the chinstrap pull against the underside of your chin and the helmet will resist any movement. If this isn't the case, tighten the chinstrap and try it again until this happens. If you cannot achieve the proper fit, DO NOT USE THIS HELMET. Replace it with a different size until the correct fit is achieved.

Also, for a proper **Helmet Fitment Check** if you can roll the helmet forward such that it blocks your vision or if you can roll the helmet backwards such that your forehead is not covered, tighten the chinstrap and the retention system and try again until you cannot roll the helmet forward or backwards.

⚠ WARNING

- Do not wear anything underneath your helmet, such as a cap, hood, bundled hair, headphones, or barrettes, as the helmet may loosen or come off. Do not wear anyone else's helmet and don't loan your helmet to anyone else.
- Always make sure the buckle is properly fastened before you ride. Failure to follow this instruction could result in serious personal injury, as the helmet may not stay in position while riding or during a fall. For proper use, make sure the loose end of the chinstrap is tucked through the rubber "O" ring.
- Check for proper fit and adjustment often, including each time you wear it, and periodically during use.
- This helmet has been designed for recreational bicycling. This helmet has not been approved and is not intended for extreme uses such as downhill racing at high speeds, jumping or leaping with a fully suspended bicycle, snow sports, water sports, motor sports, street hockey, playground activities, or other activities where face, ear, or greater protection or coverage is desired.
- Always wear a helmet when bicycling. When you get off your bicycle, remove your helmet. Do not wear a helmet while climbing trees, in play areas, on playground equipment, or, at any time while not riding a bicycle. Parents: Instruct children to follow this warning. Failure to follow this warning could result in serious personal injury, death or death by strangulation.

3. GETTING STARTED

3.1 Downloadable Sena Software

3.1.1 Sena Utility App

By simply pairing your phone with your Bluetooth system, you can use the **Sena Utility App** for quicker, easier set up and management.

Sena Utility

- Download the **Sena Utility App** on **Google Play Store** or **App Store**.

3.1.2 Sena Device Manager

The **Sena Device Manager** allows you to upgrade firmware and configure settings directly from your PC.

Sena Device Manager

- Download the **Sena Device Manager** at **sena.com**.

3.1.3 Firmware Upgrades

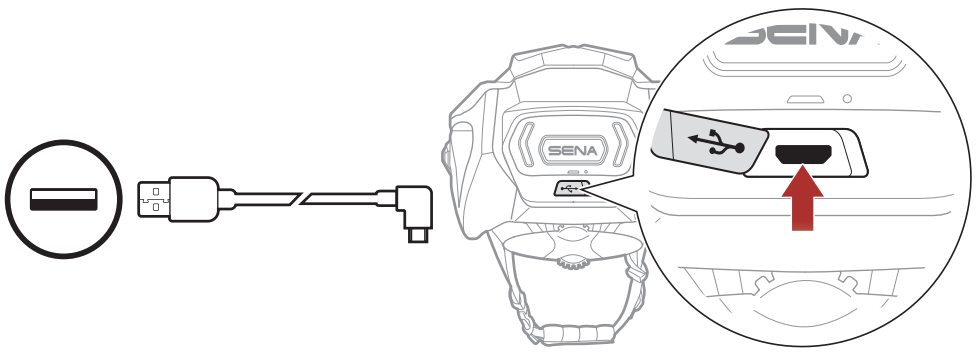
The Bluetooth system supports firmware upgrades.

Please visit **sena.com** to check for the latest software downloads.

- Download the **firmware** at **sena.com**.

3.2 Charging

Charging the Bluetooth System



Depending upon the charging method, the Bluetooth system will be fully charged in about 2.5 hours.

Note:

- The Bluetooth system includes a **Fast Charging** feature which allows it to charge quickly over a short period of time. For example, a user can get up to 5 hours of talk time after charging the Bluetooth system for 20 minutes.
- Please make sure to take off your helmet while charging. The Bluetooth system automatically turns off during charging.
- Any 3rd party USB charger can be used with Sena products if the charger is approved by either the FCC, CE, IC or other locally approved agencies that Sena accepts.
- The **R2** is compatible with 5 V input USB-charged devices only.

3.3 Legend

TAP 1x — **Tap** button the specified number of times

HOLD 10s — **Press and Hold** button for the specified amount of time

"Hello" — **Audible prompt**

3.4 Powering On and Off

Powering On

= + HOLD 1s

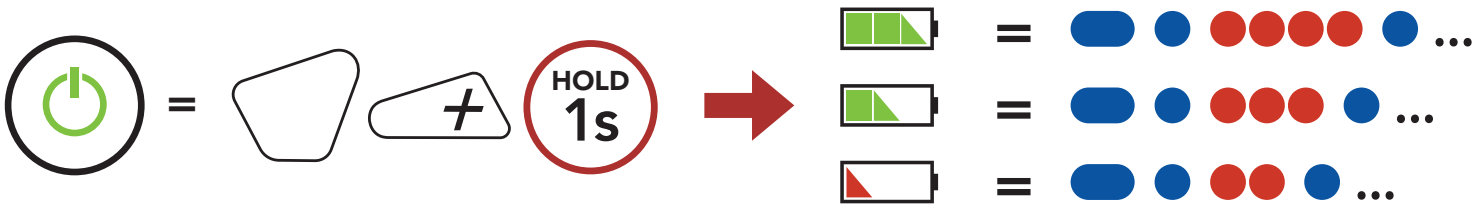
Powering Off

= + TAP 1x

3.5 Checking the Battery Level

Instruction is for when powering the Bluetooth system on.

Powering On



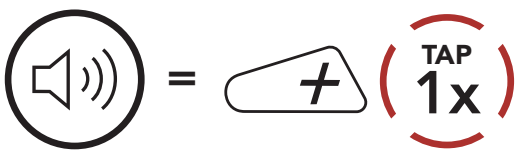
Note:

- The battery performance may be reduced over time with usage.
- Battery life may vary depending on conditions, environmental factors, functions of the product in use, and devices used with it.

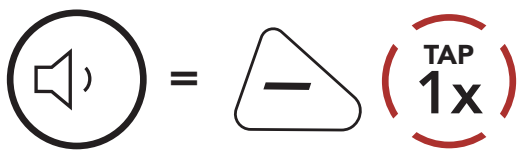
3.6 Volume Adjustment

Volume is set and maintained independently at different levels for each audio source, even when the Bluetooth system is rebooted.

Volume Up



Volume Down



4. PAIRING THE BLUETOOTH SYSTEM WITH OTHER BLUETOOTH DEVICES

When using the Bluetooth system with other Bluetooth devices for the first time, they will need to be "paired." This enables them to recognize and communicate with one another whenever they are within range.

The pairing operation is required only once for each Bluetooth device. The Bluetooth system can pair with multiple Bluetooth devices such as a mobile phone, GPS, or MP3 player via Mobile Phone Pairing and Second Mobile Phone Pairing.

4.1 Phone Pairing

There are three ways to pair the phone.

4.1.1 Initially Pairing the R2

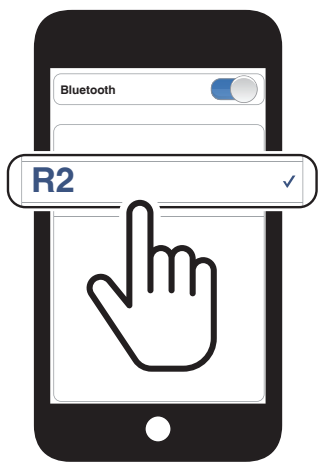
The Bluetooth system will automatically enter the phone pairing mode when you initially turn on the Bluetooth system or in the following situation:

- Rebooting after executing **Factory Reset**

1. Press and hold the **Center Button** and the **(+) Button** for **1 second**.



2. Select **R2** in the list of Bluetooth devices detected. If your mobile phone asks for a PIN, enter 0000.



Note:

- The phone paring mode lasts for **3 minutes**.
- To cancel phone pairing, tap the **Center Button**.

4.1.2 Pairing When the R2 is Turned Off

1. While the Bluetooth system is off, press and hold the **Center Button** and the **(+) Button** for **5 seconds**.



2. Select **R2** in the list of Bluetooth devices detected. If your mobile phone asks for a PIN, enter 0000.

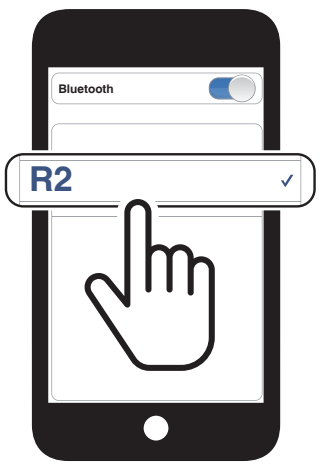


4.1.3 Pairing When the R2 is Turned On

1. While the Bluetooth system is on, press and hold the **Center Button** for **10 seconds**.



2. Select **R2** in the list of Bluetooth devices detected. If your mobile phone asks for a PIN, enter 0000.



4.2 Second Mobile Phone Pairing - Second Mobile Phone, GPS, and SR10

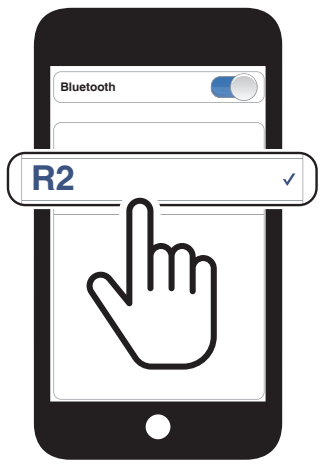
1. Press and hold the **Center Button** for **15 seconds**.



2. Tap the **(+) Button**.



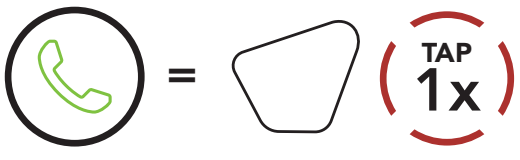
3. Select **R2** in the list of Bluetooth devices detected. If your mobile phone asks for a PIN, enter 0000.



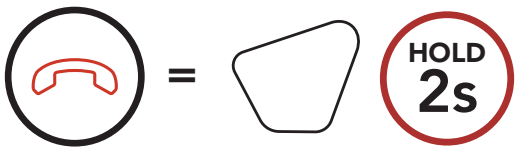
5. MOBILE PHONE USAGE

5.1 Making and Answering Calls

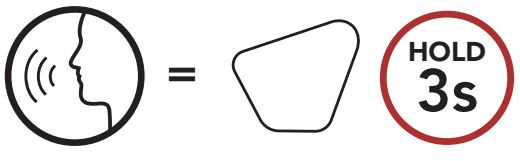
Answer a Call



End/Reject a Call



Make a Call with Voice Dialer



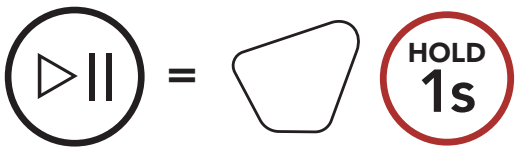
in stand-by mode

Note: If you have a GPS device connected, you will not hear its voice navigations during a phone call.

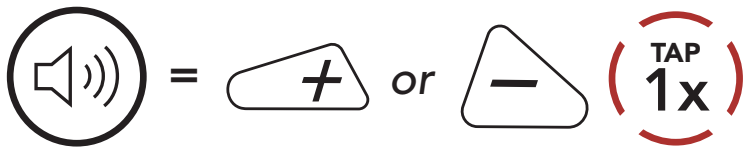
6. STEREO MUSIC

6.1 Bluetooth Stereo Music

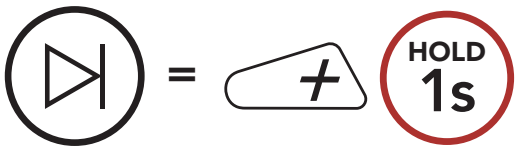
Play/Pause Music



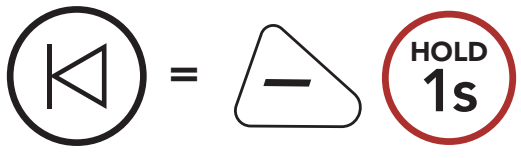
Volume Up/Down



Next Track

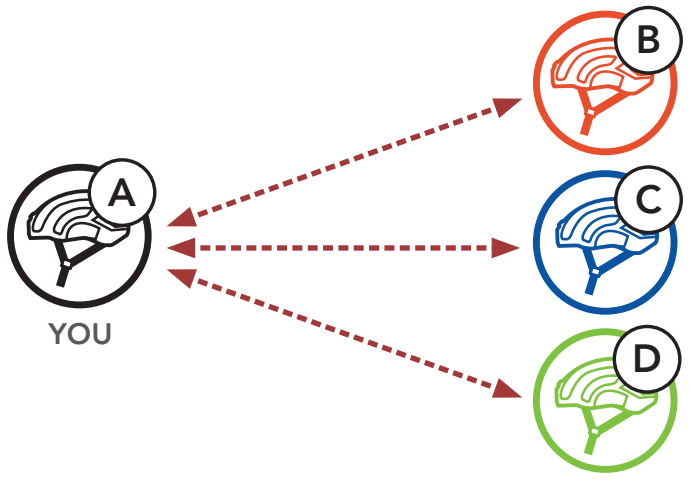


Previous Track



7. BLUETOOTH INTERCOM

Up to three other people can be paired with the Bluetooth system for Bluetooth intercom conversations.



7.1 Intercom Pairing

There are two ways to pair the Bluetooth system.

7.1.1 Using the Smart Intercom Pairing (SIP)

SIP allows you to quickly pair with your friends for intercom communication by scanning the QR code on the **Sena Utility App** without remembering the button operation.

1. Pair the mobile phone with the Bluetooth system.
2. Open the **Sena Utility App**.
3. Click the **Smart Intercom Pairing Menu**.
4. Click the **Add Button** to open the QR scanning screen.
5. Scan the **QR code** displayed on your friend **(B)**'s mobile phone.
    - Your friend **(B)** can display the QR code on the mobile phone by opening the **Sena Utility App** and clicking the **Smart Intercom Pairing Menu**.



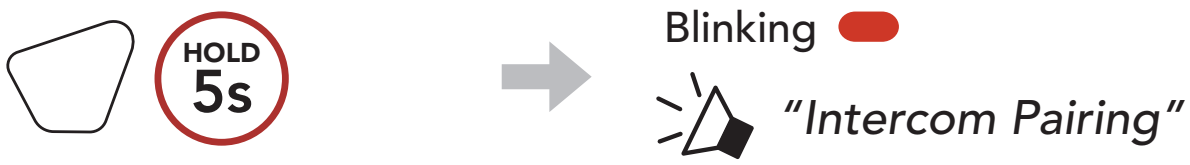
6. Click the **Confirm Button** and check that your friend **(B)** is paired with **you (A)** correctly.
7. Repeat steps 4-6 to pair with **Intercom Friends (C)** and **(D)**.

Note: The **Smart Intercom Pairing (SIP)** is not compatible with Sena products that use **Bluetooth 3.0** or **below**.

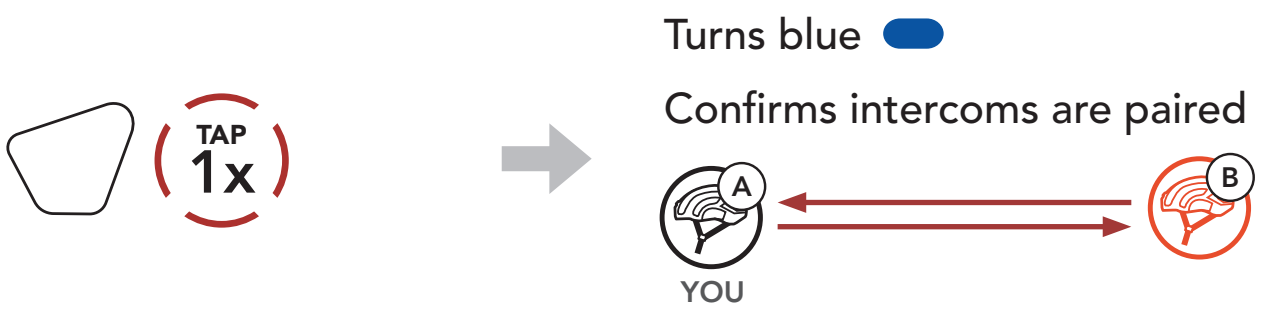
7.1.2 Using the Button



1. **Users (You, B)** enter into **Intercom Pairing**.



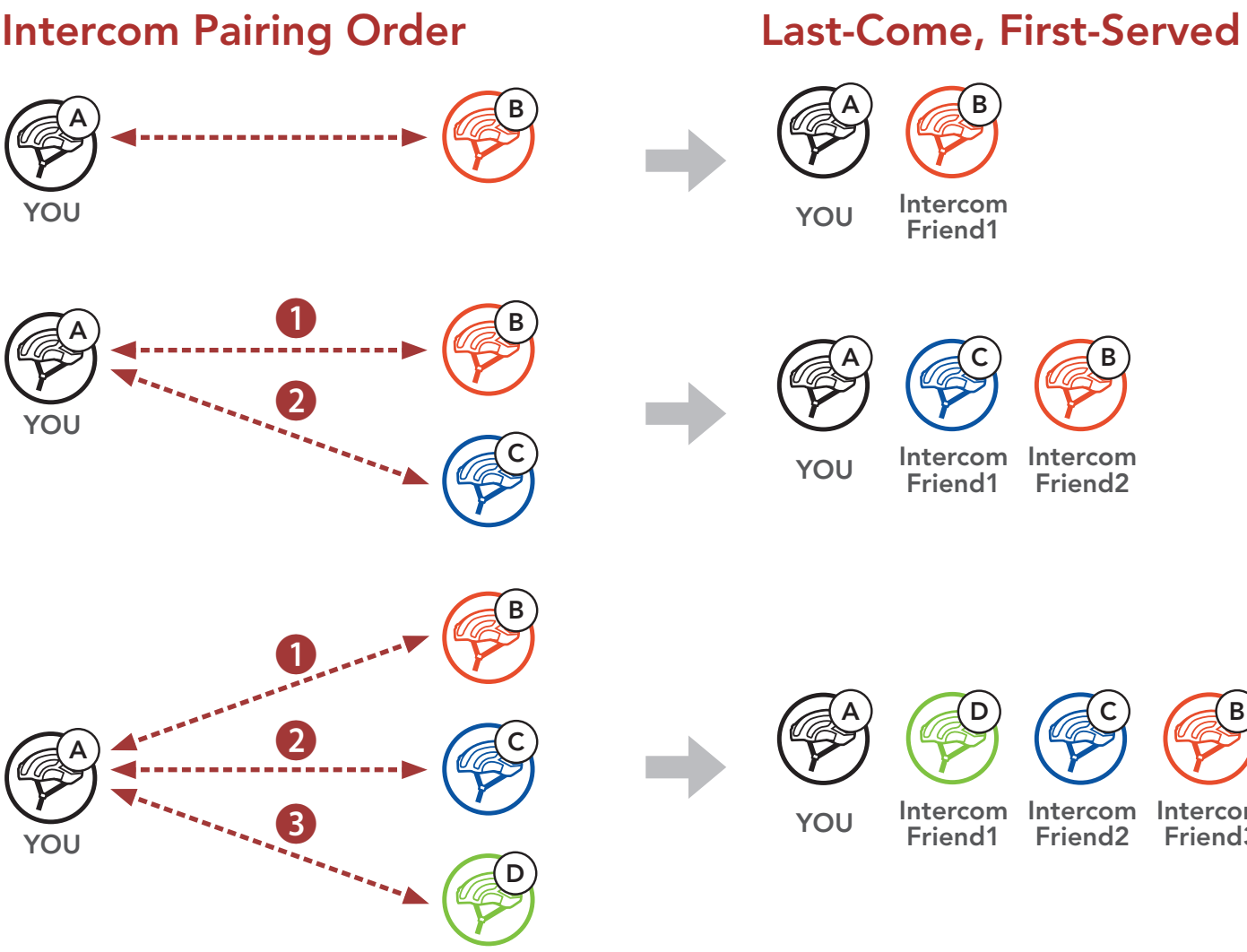
2. Tap the **Center Button** on either Bluetooth system.



3. Repeat the step above to pair with **other Bluetooth systems (C and D)**.

7.2 Last-Come, First-Served

The intercom pairing queue is **Last-Come**, **First-Served**. If a Bluetooth system has multiple paired Bluetooth systems for intercom conversations, the last paired Bluetooth system is set as the **First Intercom Friend**. For example, after the pairing procedures listed above, **Bluetooth system (D)** is the **First Intercom Friend** of Bluetooth system (A). **Bluetooth system (C)** is the **Second Intercom Friend** of Bluetooth system (A), and **Bluetooth system (B)** is the **Third Intercom Friend** of Bluetooth system (A).

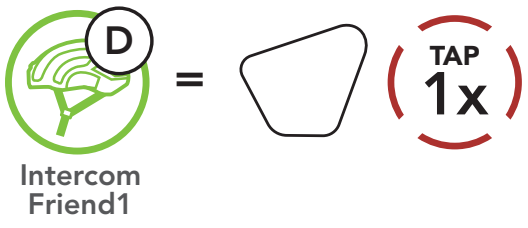


7.3 Two-Way Intercom

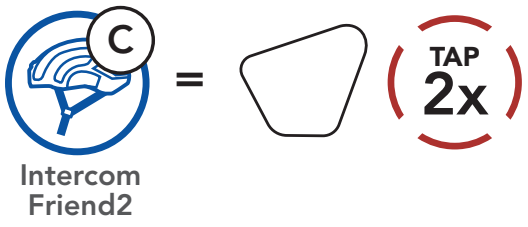
You can start or end an intercom conversation with an **Intercom Friend**.



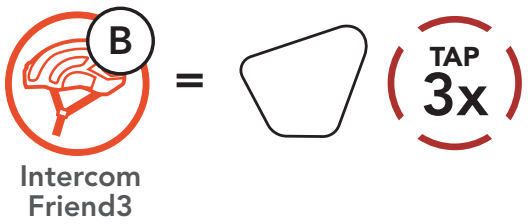
Start/End Conversation with the First Intercom Friend D



Start/End Conversation with the Second Intercom Friend C



Start/End Conversation with the Third Intercom Friend B



7.3.1 HD Intercom

HD Intercom enhances the two-way intercom audio from normal quality to HD quality. When you enter into a **Multi-Way Intercom**, **HD Intercom** will be automatically disabled. If this feature is disabled, the intercom audio will change to normal quality.

- **HD Intercom** is only active for the **Two-Way Intercom**.

7.4 Multi-Way Intercom

Multi-Way Intercom enables conference-call-style conversations with up to **three Intercom Friends** at the same time. While **Multi-Way Intercom** is in progress, the mobile phone connection is temporarily disconnected. However, as soon as **Multi-Way Intercom** terminates, the mobile phone connection will be reestablished.

7.4.1 Starting a Three-Way Intercom Conference

You (A) can have a **Three-Way Intercom Conference** with two other **Intercom Friends (B and C)** by establishing two intercom connections simultaneously.

1. **You (A)** need to be paired with two other **Intercom Friends (B and C)** for the **Three-Way Intercom Conference**.



2. Start an intercom conversation with the **First Intercom Friend (C)** by tapping the **Center Button**.



3. **You (A)** can call the **Second Intercom Friend (B)** by double tapping the **Center Button**, or the **Second Intercom Friend (B)** may join the intercom by making an intercom call to **you (A)**.



4. Now **you (A)** and **two Intercom Friends (B and C)** are having a **Three-Way Intercom Conference**.



7.4.2 Starting a Four-Way Intercom Conference

With **three Intercom Friends** connected, a new participant **(D)** can make it a **Four-Way Intercom Conference** by making an intercom call to either **(B)** or **(C)**.

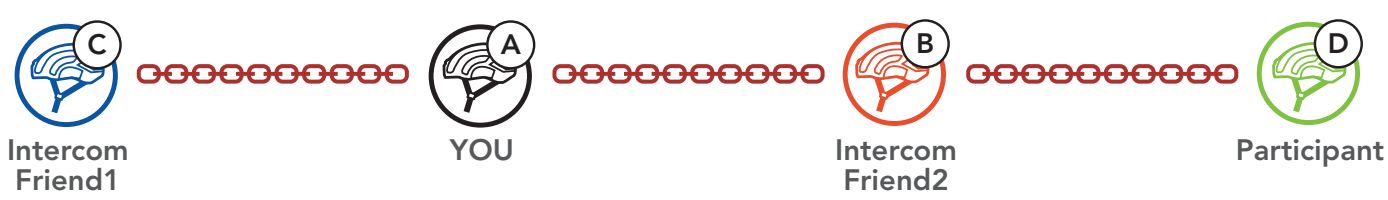
1. **Intercom friend (B)** needs to be paired with a **new participant (D)**.



2. **Intercom friend (B)** can call a **new participant (D)** by tapping the **Center Button**, or a **new participant (D)** may join the intercom by making an intercom call to **Intercom friend (B)**.



3. Now **you (A)**, **two Intercom Friends (B and C)**, and a **new participant (D)** are having a **Four-Way Intercom Conference**.



7.4.3 Ending Multi-Way Intercom

You can completely terminate the conference intercom or just disconnect an intercom connection with one of your active **Intercom Friends**.

Terminate All Intercom Connections

- Press and hold the **Center Button** for **1 second**.

Disconnect the Intercom Connection with One of the Intercom Friends

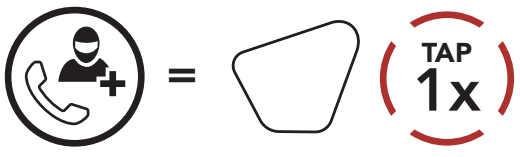
- Disconnect (C): Tap the **Center Button**.
- Disconnect (B) & (D): Double tap the **Center Button**.

Note: When you disconnect the **second friend (B)**, you will be disconnected with the **third participant (D)** as well. This is because the **third participant (D)** is connected with you via the **second friend (B)**.

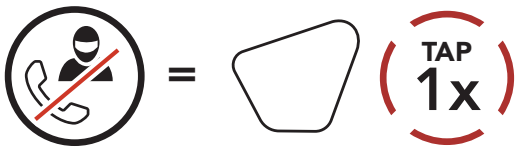
7.5 Three-Way Conference Phone Call with Intercom Users

You can have a **Three-Way Conference Phone Call** by adding an **Intercom Friend** to the mobile phone conversation.

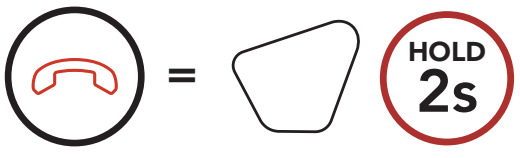
Invite an Intercom Friend into Phone Conference



Disconnect the intercom during a conference phone call



Disconnect the mobile phone call during a conference phone call

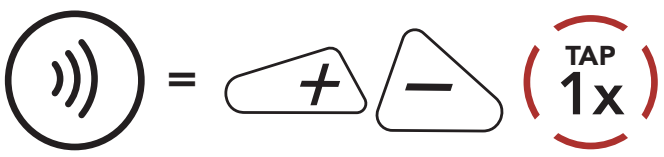


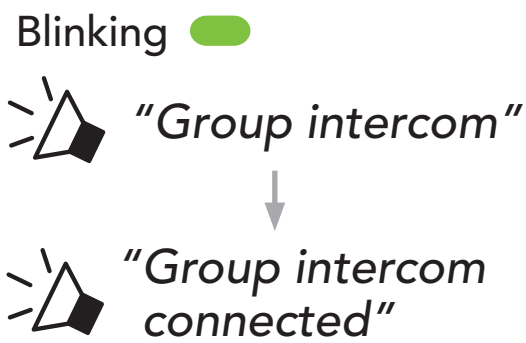
7.6 Group Intercom

Group Intercom allows you to instantly create a **Multi-Way Conference Intercom** with three of the most recently paired Bluetooth systems.

To Start the Group Intercom

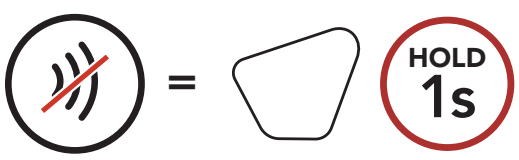
1. Go through intercom pairing with up to three Bluetooth systems you want to have **Group Intercom** with.

2. 



When all of the Bluetooth systems are connected together.

Terminate Group Intercom

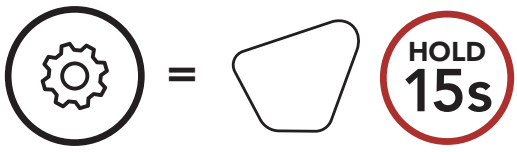




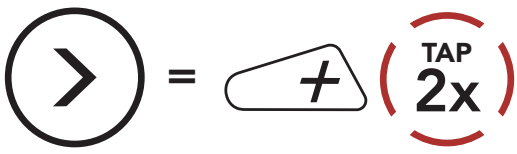
8. UNIVERSAL INTERCOM

Universal Intercom allows you to have intercom conversations with users of non-Sena Bluetooth headsets. Non-Sena Bluetooth headset can be connected to the Sena Bluetooth system if they support the **Bluetooth Hands-Free Profile (HFP)**. You can pair the Bluetooth system with only one non-Sena headset at a time. The intercom distance depends on the performance of the Bluetooth headset to which it's connected. When a non-Sena Bluetooth headset is paired with the Bluetooth system while another Bluetooth device is paired via **Second Mobile Phone Pairing**, it will be disconnected.

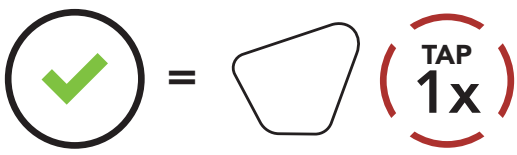
8.1 Universal Intercom Pairing

1. 

"Configuration menu"

2. 

"Universal intercom pairing"

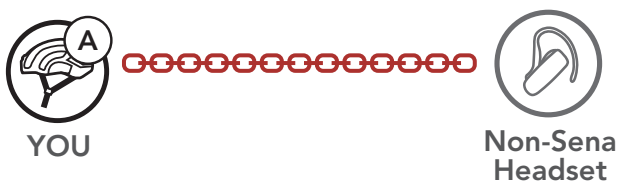
3. 

Enter into **Universal Intercom Pairing** mode.

4. Put the non-Sena Bluetooth headset in Hands-free Pairing Mode. The Bluetooth system will automatically pair with a non-Sena Bluetooth headset.

8.2 Two-Way Universal Intercom

You can initiate the **Universal Intercom** connection with non-Sena Bluetooth headsets using the same intercom connection method as you would between other Sena headsets.



You may start/end a **Two-Way Universal Intercom** using the same way as you do in a normal **Two-Way Intercom**. Please refer to **Section 7.3: "Two-Way Intercom"**.

8.3 Multi-Way Universal Intercom

You can have **Multi-Way Intercom** communication with up to **three Intercom Friends** using non-Sena headsets. Some non-Sena headsets may not support **Multi-Way Universal Intercom**.

You may make the **Multi-Way Universal Intercom** call the same way as a normal four-way intercom call.

You may start/end a **Multi-Way Universal Intercom** using the same way as you do in a normal **Multi-Way Intercom**. Please refer to **Section 7.4: "Multi-Way Intercom"**.

8.3.1 Three-Way Universal Intercom

You may make a **Three-Way Universal Intercom** connection with two Bluetooth systems and one non-Sena Bluetooth headset. If the intercom connection is made, all headsets connected cannot use the mobile phone call function since the connection between the Bluetooth system and the phone is disconnected temporarily. If you disconnect the intercom call, the mobile phone connection is made again automatically so that you can use a mobile phone call function.

1. **You (A)** need to be paired with a non-Sena Bluetooth headset **(B)** and another headset **(C)** for the **Three-Way Conference Intercom**.



2. Start an intercom conversation with a non-Sena Bluetooth headset **(B)** in your intercom group. For example, **you (A)** may start an intercom conversation with non-Sena Bluetooth headset **(B)**. The non-Sena Bluetooth headset **(B)** may also start an intercom call with **you (A)**.



3. The other Bluetooth system **(C)** may join the intercom by making an intercom call to **you (A)**.



4. Now **you (A)**, non-Sena Bluetooth headset **(B)**, and the other Bluetooth system **(C)** are having a **Three-Way Conference Intercom**.



8.3.2 Four-Way Universal Intercom

You may make the **Four-Way Universal Intercom** call the same way as a normal **Four-Way Intercom** call.

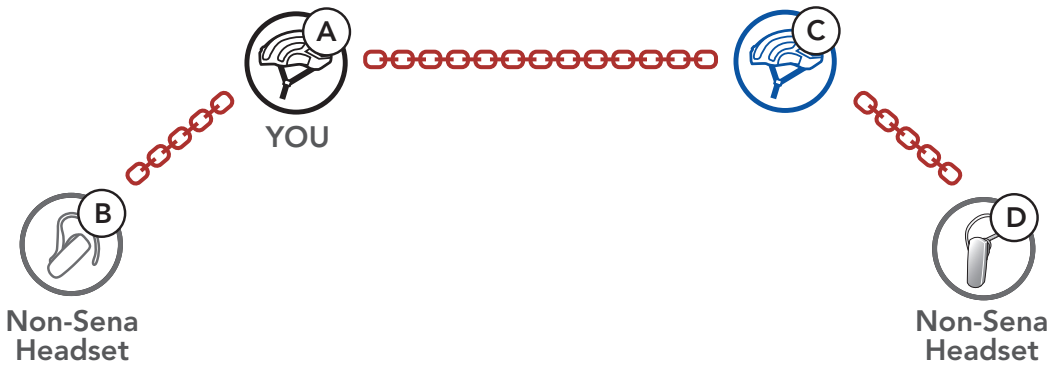
You may make a **Four-Way Universal Intercom** connection with a couple of different configurations,

1) two Bluetooth systems and two non-Sena Bluetooth headsets or

2) three Bluetooth systems and one non-Sena Bluetooth headset.

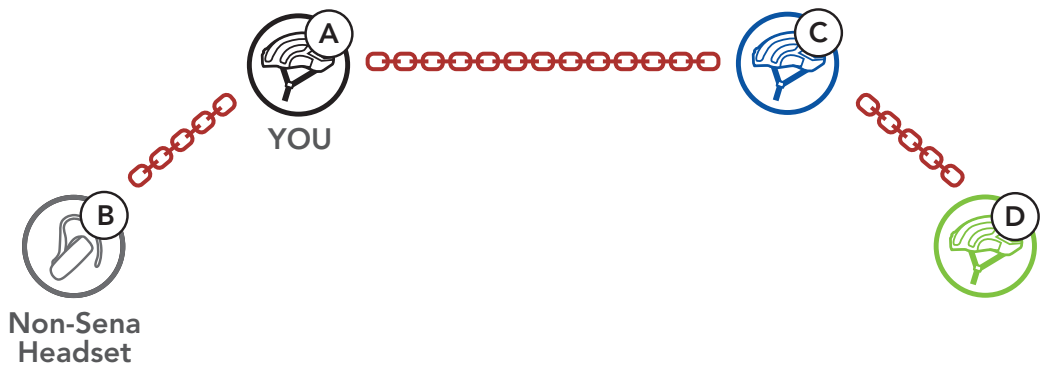
Four-Way Universal Intercom Case 1

1) **You (A)**, a non-Sena Bluetooth headset **(B)**, another Bluetooth system **(C)**, and a non-Sena Bluetooth headset **(D)**.



Four-Way Universal Intercom Case 2

2) **You (A)**, a non-Sena Bluetooth headset **(B)**, and **two other Bluetooth systems (C and D)**.



9. LED TAILLIGHT

There is a Red LED on the back of the helmet to ensure you stand out on the road.

LED On and Solid



1s~

Night Flash



1s~

Day Flash



1s~

LED Off



Note: Do not tap the button continuously.

10. FUNCTION PRIORITY

The Bluetooth system operates in the following order of priority:

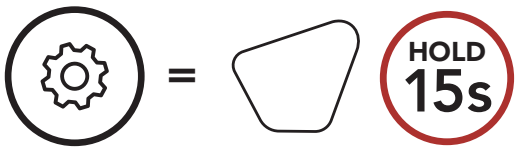
(highest)	Mobile phone
	Bluetooth Intercom
(lowest)	Bluetooth stereo music

A lower priority function is always interrupted by a higher priority function.

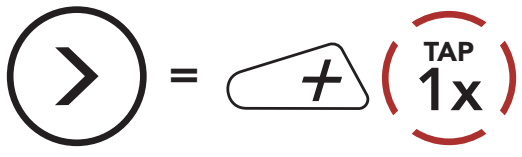
11. CONFIGURATION SETTING

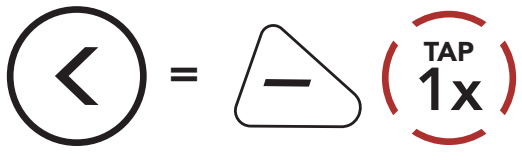
11.1 Bluetooth System Configuration Menu

Accessing the Configuration Menu

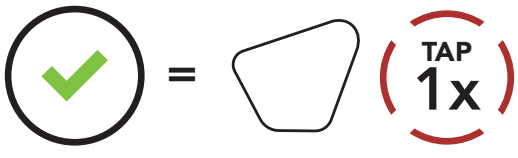


Navigating Between Menu Options





Execute Menu Options



Bluetooth System Configuration Menu

Voice Configuration Menu	Tap the Center Button
Second Mobile Phone Pairing	None
Universal Intercom Pairing	Execute
Factory Reset	Execute
Exit Configuration	Execute

11.2 Software Configuration Setting

You can change the settings of the Bluetooth system through the **Sena Device Manager** or the **Sena Utility App**.

SENA **Sena Utility**

DEVICE MANAGER **Sena Device Manager**

11.2.1 Unit Language

You can select the device language. The selected language is maintained even when the Bluetooth system is rebooted.

11.2.2 Voice Prompt (Default: Enable)

You can disable voice prompts by software configuration settings, but the following voice prompts are always on.

- Bluetooth system configuration settings menu, battery level indicator

11.2.3 Sidetone (Default: Disable)

Sidetone is audible feedback of your own voice. It helps you to naturally speak at the correct level according to varying helmet noise conditions. If this feature is enabled, you can hear what you are speaking during an intercom conversation or a phone call.

11.2.4 Advanced Noise Control™ (Always on)

The background noise is reduced during an intercom conversation.

12. TROUBLESHOOTING

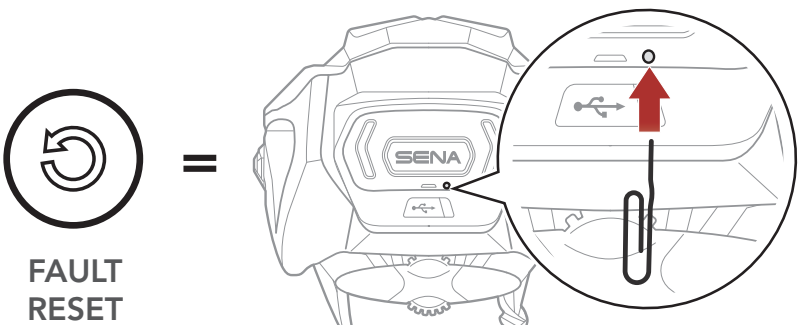
Please visit **sena.com** for more troubleshooting information.

- Customer Support: **sena.com**

12.1 Fault Reset

When the Bluetooth system is not working properly, you can easily reset the unit:

1. Locate the **Pinhole Fault Reset Button** below Sena logo at the back side of the helmet.
2. Gently insert a paper clip into the hole and press and **Pinhole Fault Reset Button** with light pressure.

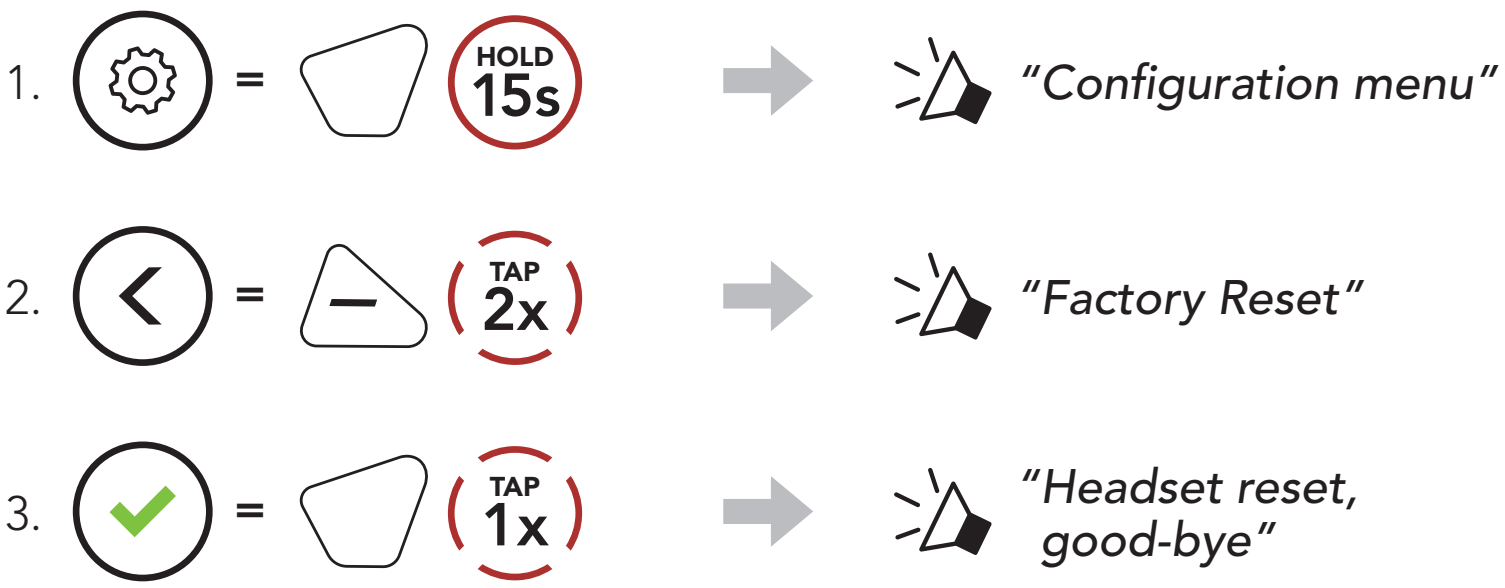


3. The Bluetooth system will shut down.

Note: Fault Reset will not restore the Bluetooth system to factory default settings.

12.2 Factory Reset

To erase all of your settings and start fresh, the Bluetooth system can be restored to factory default settings using the **Factory Reset** feature.



13. MAINTENANCE AND CARE

The inner lining of the helmet is completely removable. Its headliner can be washed by hand using only water, mild soap, at a maximum temperature of 30°C (86°F), and non-abrasive cloths to clean the helmet's shell, pads and retention system. Allow the padding to dry at room temperature. Store the helmet in a dry, dark, well-ventilated location, out of the reach of children and animals. High temperatures (above 110°F, 43°C) may melt the helmet's shell.

⚠ WARNING

- Never use gasoline, diesel fuel, thinners or solvents to clean the helmet. These substances can cause serious damage to the helmet, even though the resulting damage may not be visible. This helmet can be damaged by contact with common substances (for example, certain solvents (ammonia), cleaners (bleach), paints, abrasives) and this damage may not be visible to the wearer. Do not use this helmet if it has been exposed to such substances. The full safety function of the helmet can no longer be guaranteed if exposed to damaging substances.
- Do not store your helmet in your car or anywhere else near a heat source. Do not use if the shell has been melted or deformed. Always position the helmet so that it cannot fall to the floor. Damage that occurs in this way is not covered by the warranty.
- Do not attach anything to your helmet, including mirrors or lights.

The shell of this helmet is constructed of expanded polystyrene foam. Ventilation holes may allow harmful objects to pass in the helmet interior.

The protective capability of your helmet will diminish over time, dependent upon many factors such as dents, dings, and exposure to pollution, harmful chemicals and long term exposure to the sun. Sena recommends that helmets be replaced after five years.

Note: The useful life of your helmet may be less than five years as a result of exposure to sunlight, rough, handling/storage that results in dents or cuts or as a result of heavy use.

SENA

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