

Safety Information for Bicycle Neck and Face Protection

Purpose of bicycle neck and face protection:

- **Neck and face protection** when cycling is used to protect the **neck** , **face** and back of the **neck** from **wind** , **cold** , **sun** and **dirt** . **This equipment keeps the rider warm and comfortable** in changing weather conditions, especially in cold weather or windy environments. It can also be used as **UV protection** and protection from **dust** or **insects** . **Typical variants are neck warmers** , **balACLavas** , **tube scarves** or **masks** .
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Important safety aspects when selecting and using bicycle neck and face protection

1. **Thermal insulation and protection from the cold:**
 - Neck and face protection should be made of **insulating materials** such as **fleece** , **merino wool** or special **thermal fibers** to protect the neck and face from **cold** and **wind** . **This is especially important when riding in cold climates** or during the **winter months** to prevent **cold injuries** or **colds** .
 - Good insulation keeps the body warm by retaining **body heat** and protecting the sensitive neck and throat area.
2. **Breathability and moisture regulation:**
 - The neck and face protection should be made of **breathable materials** that effectively wick **sweat** away from the skin to keep the skin **dry** and **comfortable** . **Materials such as polyester** , **spandex** or **merino wool** provide good **air circulation** , which prevents the skin from overheating or collecting moisture.
 - Good **moisture regulation** prevents the development of **skin irritations** and ensures that the skin stays dry, even during intensive rides.
3. **Wind and weatherproof properties:**
 - A good neck and face cover should be **windproof** and **water-resistant** to reduce the **wind chill effect** and protect the rider in **wet** or **windy conditions**. **These features prevent wind or rain from cooling the neck and face, which can cause discomfort** and potential health problems.
 - **Windproof materials** protect the rider from the feeling of cold, especially on **downhill runs** or in strong winds.
4. **Protection against UV radiation:**
 - Some neck and face protection products offer **UV protection** to help protect the skin from the sun's harmful **UV rays** . **This is especially important during long rides** in direct sunlight or at high altitudes to minimize the **risk of sunburn** and **skin damage** .
 - **UPF-certified** products offer additional protection for the sensitive skin in the neck and face area.
5. **Versatility and comfort:**
 - Products such as **tube scarves** or **multifunctional scarves** are versatile and can be worn in different ways, such as a **scarf** , **headband** , **balACLava** or **face mask** , depending on your needs and weather conditions. This flexibility makes them an ideal companion for changeable conditions.

- The protection should be **light** and **comfortable** without restricting freedom of movement or causing pressure points. A close but not restrictive fit ensures comfortable wear.
6. **Light weight and easy to store:**
- Neck and face protection should be **lightweight** and **compact** so that it can be easily stored in the pocket when not in use. This allows the rider to quickly put the protection on or take it off depending on the weather conditions without taking up extra space.
 - Lightweight materials such as **polyester** and **spandex** provide protection and comfort without adding weight.
7. **Protection against dust and insects:**
- In dusty or rural areas, a face shield can protect against **dust** , **pollen** or **insects** that might get into your mouth or nose while driving. Products such as **face masks** or **tube scarves** can help keep the airway clear of foreign objects while increasing comfort.
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Maintenance and care of bicycle neck and face protection

1. **Regular washing:**
- Neck and face protection should be washed regularly to remove **sweat** , **dirt** and **bacteria** . Use a **mild detergent** and wash the products at the recommended **temperature** to maintain the **breathability** and **thermal insulation of the materials**.
 - **Hand washing** is often more gentle, especially for products made from **merino wool** or **technical fibres** .
2. **Gentle drying:**
- Allow the neck and face protection **to air dry** to preserve the materials and maintain their **functionality** . Avoid direct **sunlight** and high temperatures as this could damage the fibers.
 - If the protector is water resistant, make sure it is completely dry before reusing to maintain the **protective function** .
3. **Check for wear:**
- Regularly check the neck and face protection for **wear** , especially at the seams and elastic areas. Damaged or worn products should be replaced to ensure continued optimal protection and comfort.
 - Products with **UV protection** or **water-repellent properties** should be checked for functionality to ensure that they still serve their purpose.
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Safety rules when using bicycle neck and face protection

1. **Choose appropriate protective clothing depending on the weather:**
- Choose the appropriate neck and face protection depending on **the weather conditions** . In **cold weather**, insulating and windproof products are ideal, while in **hot temperatures** , light and breathable materials with UV protection should be preferred.
 - Make sure the guard is not too thick to avoid **overheating** and that it fits well to ensure the best protection.

2. **Ensure proper fit:**

- The neck and face protection should **fit snugly** without restricting **breathing** or **freedom of movement** . A good fit ensures that the protection does not slip or press uncomfortably.
- Avoid products that obstruct visibility or helmet position to ensure **helmet protection** is not compromised.

3. **Quickly adjust protection if necessary:**

- Since neck and face protection is particularly useful in changing weather conditions, you should choose one that can be **quickly put on and taken off when needed** . **Multifunctional scarves** offer a flexible solution that can be easily adjusted.
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Summary:

Cycling neck and face protection provides **protection from cold , wind , UV rays and dirt** to keep the rider warm and comfortable while riding. Products should be made of **breathable , insulating and weather-resistant materials** to ensure the best protection and comfort. Ensure a good fit and regular care to ensure the protection maintains its function and maximizes your **safety and performance on the bike.**