

# HELM | Service Parts

Title: HELM	Process: 50hr Service	Page: Page 1 of 9	Rev Date: 8/1/17	File Location: \\Bluetail\Engineering\Service Procedures
----------------	--------------------------	----------------------	---------------------	---

## Rebuild requires service kit: BAG0409

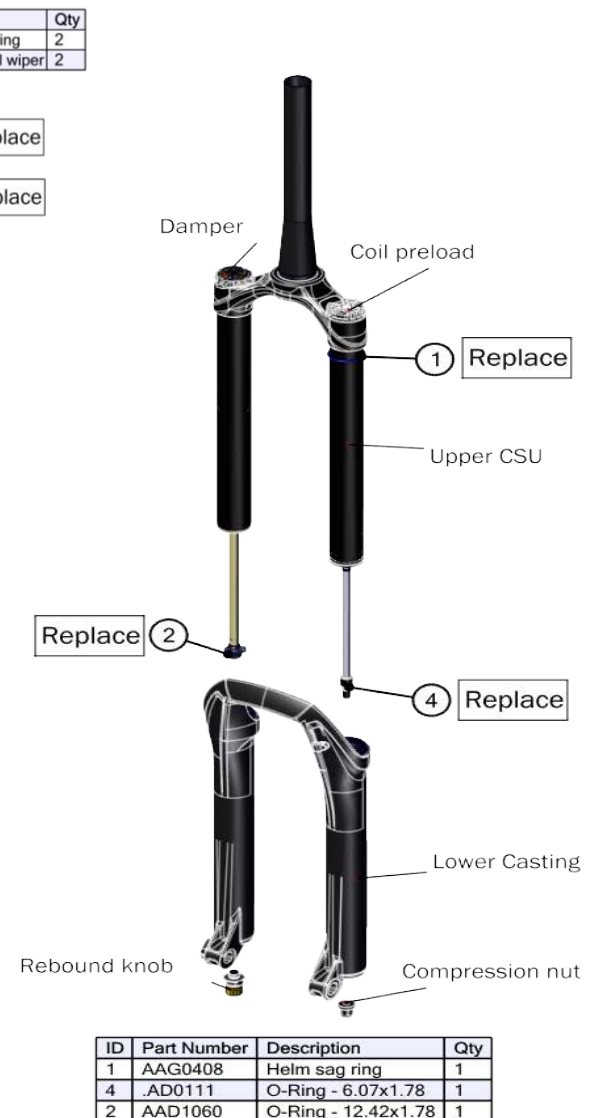
Replacement parts in service kit are shown below.

Call Cane Creek customer service @ 828-684-3551

### Helm AIR



### Helm COIL



## HELM | Service Parts

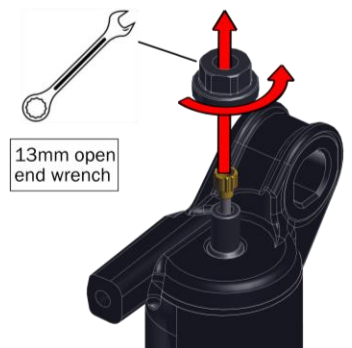
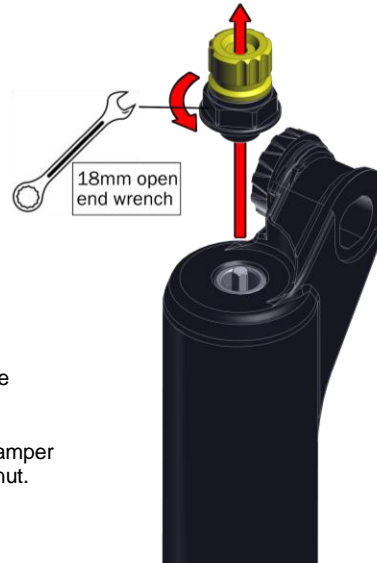
Title: HELM	Process: 50hr Service	Page: Page 2 of 9	Rev Date: 8/1/17	File Location: \\Bluetail\Engineering\Service Procedures
----------------	--------------------------	----------------------	---------------------	---

**Helm AIR**


1. Place fork upside down in bike work stand.
2. Remove the air spring cap, damper rebound nut and air spring foot nut.



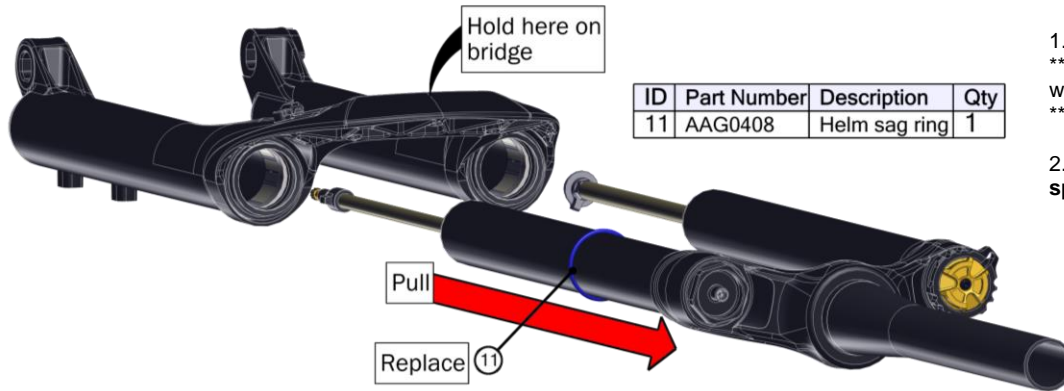
1. Turn fork upside down
2. Push on foot nuts to release them from casting.  
\*\*Do not use hammer\*\*

**Helm COIL**


1. Keep fork upright and remove air cap and Charge button cover.
2. Push both buttons to remove air from the negative and positive chambers. Do this several times to make sure all air is evacuated from the fork.

## HELM | Service Parts

Title: HELM	Process: 50hr Service	Page: Page 3 of 9	Rev Date: 8/1/17	File Location: \\Bluetail\Engineering\Service Procedures
-------------	-----------------------	-------------------	------------------	--



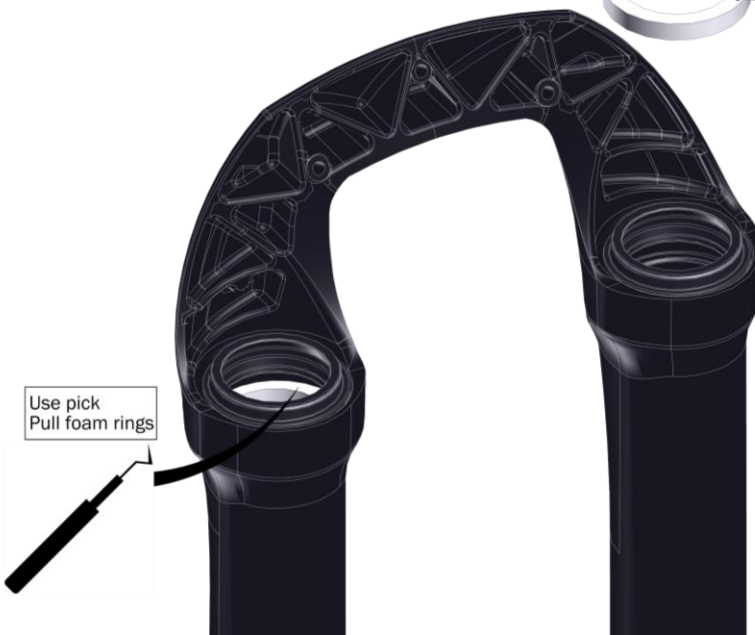
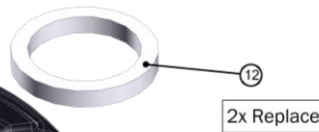
ID	Part Number	Description	Qty
11	AAG0408	Helm sag ring	1

1. Hold bridge and pull upper from lower.  
 \*\*Place in bike stand with bucket under to waste splash fluid  
 \*\*Lay flat to keep splash fluid\*\*

2. Replace the Sag Ring on upper Air spring leg

1. Drain splash fluid out the bottom of the lowers.  
 \*\*Dispose of oil per local regulations\*\*

ID	Part Number	Description	Qty
12	AAG0174	35mm foam oil ring	2



1. Remove foam rings. Discard old rings

Use Motul fork Oil 15w.  
 (Commercially available)  
 Or any good SAE 15w oil.

\*\*Start soaking NEW foam rings in NEW oil so they are ready for installation\*\*



Waste oil

## HELM | Service Parts

Title: <b>HELM</b>	Process: <b>50hr Service</b>	Page: <b>Page 4 of 9</b>	Rev Date: <b>8/1/17</b>	File Location: <b>\\Bluetail\Engineering\Service Procedures</b>
-----------------------	---------------------------------	-----------------------------	----------------------------	--

1. Clean all dirt and mud off.

Use water hose and remove all dirt and grime from rear of bridge



ID	Part Number	Description	Qty
20	AAG0173	helm 35mm seal wiper	2



1. Use a diluted degreaser (simple green) and wash bores. Rinse with water and blow bores with pressurized air.

**\*\*Do not scratch bushings\*\***  
**\*\*Remove solvent from painted surfaces as degrease may damage finish\*\***

2. Let unit completely dry. All water must be completely removed.

# HELM | Service Parts

Title: <b>HELM</b>	Process: <b>50hr Service</b>	Page: <b>Page 5 of 9</b>	Rev Date: <b>8/1/17</b>	File Location: <b>\\Bluetail\Engineering\Service Procedures</b>
-----------------------	---------------------------------	-----------------------------	----------------------------	--

1. Install wipers into bores dry. Install using a 35mm wiper install tool (Commercially available) Place thick rag under drop out to protect lower.

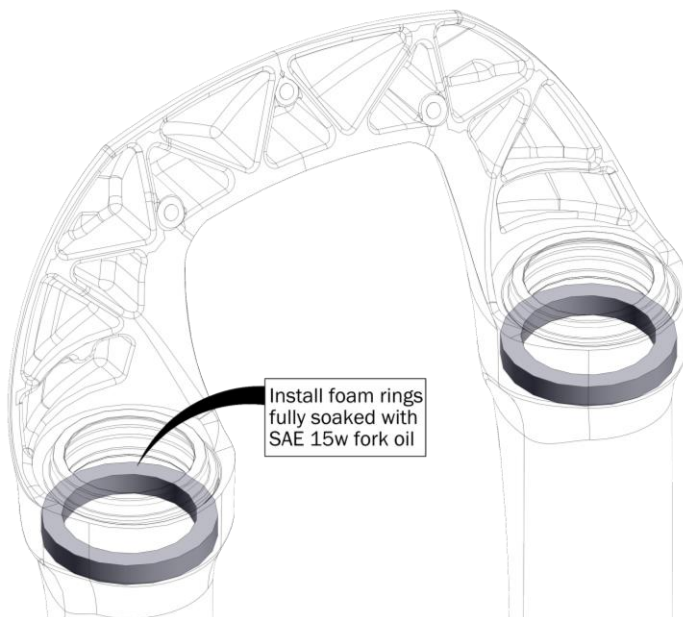
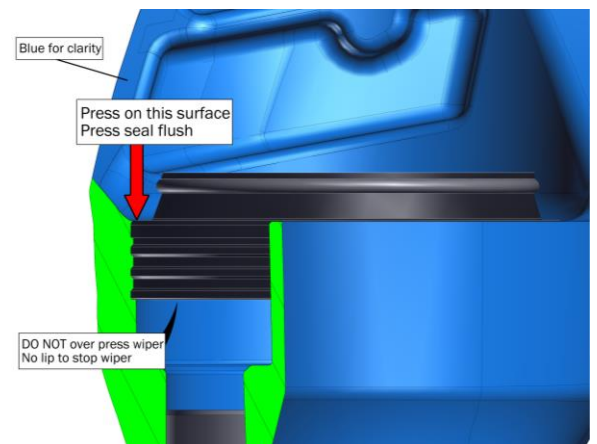
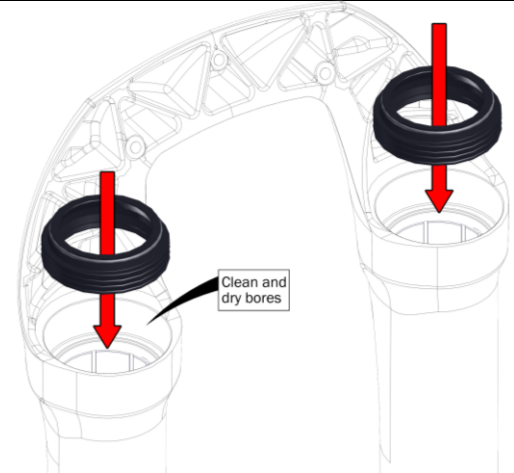
2. Use rubber mallet to tap wiper into bore.

\*\*Large hex socket will work in place of wiper install tool if needed\*\*

\*\*If wiper install proves difficult to start – Use a very lite amount of 15w oil on wipers\*\*

\*\*\*DO NOT USE ANY TYPE OF GREASE TO INSTALL WIPERS\*\*\*

3. Install wipers flush; Wipers will not bottom out so do not push too far.



1. Install NEW foam rings. Install with fingers – a dull pick can be used to adjust foam ring.

## HELM | Service Parts

Title: HELM	Process: 50hr Service	Page: Page 6 of 9	Rev Date: 8/1/17	File Location: \\Bluetail\Engineering\Service Procedures
-------------	-----------------------	-------------------	------------------	--



1. Confirm bottom out bumpers are present and correct orientation before installing lowers.
2. Grease bushings with slick honey or equiv.

1. Extend damper and air spring

2. Replace O-rings  
\*\*\*Be installing\*\*

Air spring side 5mL

Damper side 7.5mL

Replace (18)

Extend damper fully

ID	Part Number	Description	Qty
18	AAD1060	O-Ring - 12.42x1.78	1
12	.AD0111	O-Ring - 6.07x1.78	1

Replace (12)

Unscrew end and Push button while pulling up to extend air spring

1. Work lowers over stanchions.  
\*\*Careful with wipers\*\*
2. Tilt lowers at an angle. Use syringe with short hose and apply splash oil to lowers.  
\*\*Avoid getting splash fluid on foot nuts\*\*

For splash oil use:  
**Motul fork oil**  
**SAE 15W**

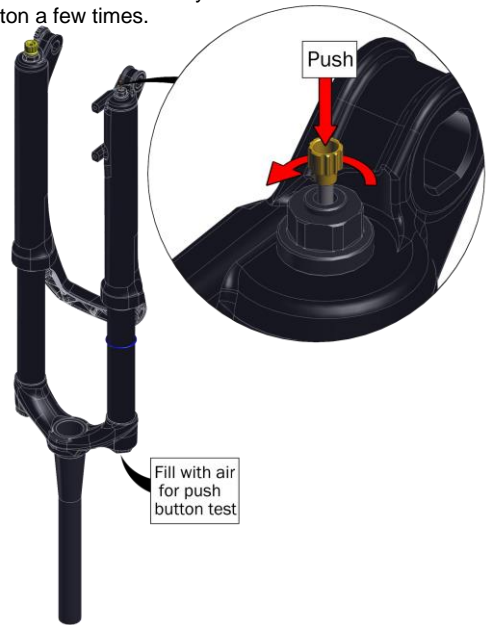
## HELM | Service Parts

Title: <b>HELM</b>	Process: <b>50hr Service</b>	Page: <b>Page 7 of 9</b>	Rev Date: <b>8/1/17</b>	File Location: <b>\\Bluetail\Engineering\Service Procedures</b>
-----------------------	---------------------------------	-----------------------------	----------------------------	--

### 1. Install Lowers



### 1. Fill with air and press button. Button should return. Cycle button a few times.



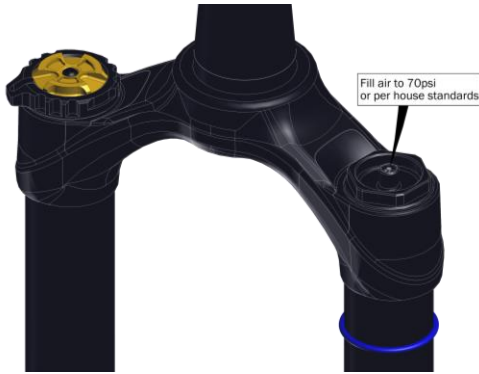
1. Clean threads
2. Apply Loctite
3. Torque per spec



# HELM | Service Parts

Title: HELM	Process: 50hr Service	Page: Page 8 of 9	Rev Date: 8/1/17	File Location: \\Bluetail\Engineering\Service Procedures
-------------	-----------------------	-------------------	------------------	--

## Helm AIR

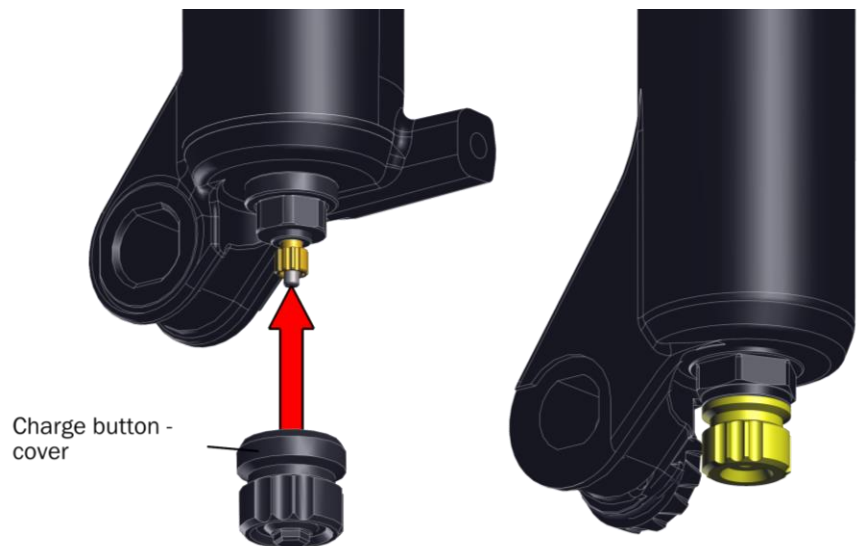


## Helm COIL



1. Fill with air and install air cap.
2. Turn fork over and place steer on ground and bounce before installing on bike. (To check air spring integrity)
3. Hold fork slightly compressed to check for air loss.

1. Thread push button closed and install cap.  
\*\*\*Helm AIR only\*\*\*





## HELM | Service Parts

Title: HELM	Process: 50hr Service	Page: Page 9 of 9	Rev Date: 8/1/17	File Location: \\Bluetail\Engineering\Service Procedures
----------------	--------------------------	----------------------	---------------------	---

Date	Revision	Description of Change
8/1/17	A	Initial Release
9/12/18	B	Fixed nomenclature; added Helm coil pictures; changed splash fluid per MB