

CHOOSING THE RIGHT HELMET



WHAT SHOULD YOU LOOK FOR IN A HELMET?

Fit, Comfort and Safety. Helmets (and heads!) come in different shapes and sizes so take time to find the right one for you. Try on different helmets and from those that fit correctly and are comfortable, consider selecting one with a high **SHARP** safety (star) rating. Whatever your budget, you should be able to find one with a high rating. This guide will help you choose the right helmet for you but remember, in the first instance it needs to fit correctly – if it doesn't, it could come off in an accident even if the chin strap is fastened.

1 GET YOUR HEAD MEASURED.

Before you try any helmet on, get your head measured around the fullest part (just above the ears). This measurement will correspond to a particular size in a model range.



2 TRY IT ON.

When you have your size, place the helmet firmly on your head and secure the chin strap so that you can fit two fingers between it and your jaw. If there is a quick release buckle, take time to adjust the strap. You should be able to feel the inside of the helmet against all parts of your head, without feeling 'pressure points' or it leaving red marks. Keep the helmet on for a few minutes to make sure it's comfortable.

3 IS IT TOO TIGHT OR TOO LOOSE?

With the strap secured, try rotating the helmet from side to side. With full face models your cheeks should follow the movement of the helmet and stay in contact with the cheek-pads. The helmet should not rotate on your head.

The cheek-pads should provide a firm, comfortable fit.

Tilt the helmet forward and back – it should stay in position and not move. Slippage in any direction means it's unlikely to be the right one for you.



4 DOES IT COME OFF?

Helmet loss occurs in around 13% of accidents so make sure it won't easily come off. Tilt your head forward and get someone to try to roll the helmet off your head by carefully applying an upward force at the base to the rear of the helmet. If it rolls off in the showroom with the chinstrap done up, it's unlikely to stay on in an accident.

5 CHECK SAFETY STANDARDS.

Ensure the helmet either has an 'ECE 22-05 or ECE 22-06' or BSI approval marking. Consider the SHARP safety rating to make the safest possible choice. Make sure the seller provides sufficient instructions for the use and care of the helmet. Finally, when you wear it, make sure the chin strap is done up correctly.

GET HELMET SMART CHECK OUT THE FAQ'S SECTION ON THE SHARP WEBSITE

CONNECT WITH US

WHAT IS SHARP?

SHARP is the *Safety Helmet Assessment and Rating Programme*. By law all helmets must meet minimum safety standards, but SHARP goes beyond these basic requirements to provide an independent assessment of how well a helmet performs over and above the minimum legal requirements. SHARP awards a safety rating of 1 to 5 stars – those with 5 offer the highest level of protection. However, no matter what its safety rating might be, a helmet must fit the rider correctly; so SHARP provides guidance on selecting one that fits.

WHAT RESEARCH UNDERPINS SHARP?

SHARP stems from international research that looked at 253 motorcycle road accidents. Replicating accidents in laboratory conditions determined the location, frequency and severity of impacts to helmets.

WHAT THE STARS MEAN

By using the findings of this research and using industry standard test equipment and procedures that are established in regulations, **SHARP** highlights the better performing helmets in the market place. Our laboratory subjects helmets to more demanding impacts than regulations require and by providing a rating, we highlight those likely to perform significantly better in real world road collisions.



2024 HELMET SAFETY RATINGS





FULL FACE HELMETS

A single piece, solid form construction helmet.



SYSTEM (MODULAR/FLIP-UP) HELMET

A helmet with a moveable part that covers the lower face.



LATCH PERFORMANCE

Percentage of impacts where the chin guard remained fully locked.

For further information and the full list of helmet ratings please go to: sharp.dft.gov.uk

or scan this code >>





FULL FACE HELMETS 3G0 F35 **☆☆☆☆☆** E5V 食食食食食 **Agrius** Rage SV *** **AGV** Corsa 食食食食食 Corsa R 食食食食食 **GP TECH** 食食食食食 Grid **全全全全** Horizon **全全全全** K-1 S 食食食食食 K-3 食食食食食 K-3 SV **全全全全** K-4 食食食食食 食食食食食 K-4 Fvo K-5 食食食食食 K-5 S K-6 食食食食食 K-6 S 食食食食食 Pista GP 食食食食食 Pista GP R 食食食食食 S-4 SV 食食食食食 食食食食食 Skyline Stealth 食食食食食 Stealth SV *** T2 **全全全全** Veloce GT **食食食食食**



FULL FACE HELMETS	
Veloce S	食食食食食
Airoh	
Dragon	食食食食食
Force	☆☆☆☆☆
GP500	☆☆☆☆☆
Storm Battle	食食食 食食
ST 701	☆☆☆☆ ☆
Valor	食食食食食
Arai	
Chaser	食食食食食
Chaser X	食食食食食
Debut	食食食食食
Profile V	食食食食食
Quantic	食食食食食
Quantum	食食食食食
Quantum ST	食食食食食
Quantum ST Pro	食食食食食
QV Pro	会会会会会
Rebel	☆☆☆☆☆
Renegade V	食食食 食食
RX7-GP	会会会会
RX-7V	会会会会会
RX7 Evo	会会会会
Tour X5	食食食食食
Arashi	
Daytona	☆ ☆☆☆☆
Phantom	食食食食食
Sonic	食食食 食食
Steel 2	☆☆☆ ☆☆



FULL FACE HELMETS Bell Fliminator 食食食食食 M3R 食食食食食 M4R Carbon 食食食食食 M5X Carbon *** 食食食食食 M6 MX-9 ADVENTURE MIPS 食食食食食 Qualifier DLX 食食食食食 Qualifier DLX MIPS **全全全**全全 Race Star **全全全全全** RS-1 **食食食食**食 RS-2 **全全全**全全 SRT **全全全全** Star Biltwell 食食食食食 Lane Splitter **BKS** Stealth **全**全全全 Techno **全全全全全 Black** Titan SV **食食食食食 BMW** Sport *** Box BX1 食食食食食 B71 **食食食**食食 FZ1 食食食食食 Caberg Drift 食食食食食 Drift Evo 食食食食食



FULL FACE HELMETS	
Stunt	食食食食食
V2R	食食食食食
V2RR	食食食食食
V2X Carbon	食食食食食
V2 407	食食食食食
Vox	食食食食食
CMS	
GP4	★☆☆☆☆
GP5F	食食食食食
Dainese	
Airstream	☆☆☆☆☆
D 181	食食食食食
DA530	☆☆☆☆☆
Performance	食食食食食
Duchinni	
D409	食食食食食
D419	食食食食 食
D705	食食食食食
D711	食食食食食
D721	食食食食食
D811	食食食食
D832	合合合合合
D909	食食食食食
D977	食食食食食
Frank Thomas	
FF07	食食食食食
Fusion	
G921	☆☆☆☆☆



FULL FACE HELMETS G-Mac Rlaze 食食食食食 Mechanoid 食食食食食 Pilot 食食食食食 Renegade *** Scirocco 食食食食食 Givi 50.4 **全全全全** HPS 50.6 Grex G6.1 **全全全全** R2 食食食食食 **Halfords** MYX **全全全全** ST-1154 *** Harley-Davidson Laguna II 食食食食食 Held **☆☆☆**☆☆ Root HJC C10 食食食食食 C70 C90 食食食食食 C91 *** CS-14 食食食食食 CS-15 食食食食食 F70 **全全全全** FG-17 食食食食食 FG-ST *** FS-11 食食食食食



FULL FACE HELMETS	
i70	食食食食食
IS-16	食食食食食
IS-17	食食食食食
RPHA 10	食食食食食
RPHA 10 plus	食食食食食
RPHA 11	食食食食食
RPHA 70	食食食食食
TR1	食食食食食
ZF-10	食食食食食
Icon	
Airflite	☆☆☆☆☆
Airframe	食食食食食
Airmada	食食食食食
Alliance	食食食 食食
Kabuto	
RT33	食食食食食
Kawasaki	
Sport	食食食 食食
KBC	
TK8	★☆☆☆☆
VR	☆☆☆☆☆
VR4R	☆☆ ☆☆☆
XP3	会会会会
Lazer	
Bayamo	食食食食 食
Bora	会会会会
Breva	食食食食食
Kestrel	食食食 食食
Kite	食食食食食



FULL FACE HELMETS	
Osprey	食食食食食
Solano Superskin	食食食食 食
LEM	
Genesis	食食食食 食
Kinetic	食食食食食
LS2	
FF320 Stream	食食食食食
FF320 Stream Evo	☆☆☆☆ ☆
FF322	☆☆☆☆☆
FF323 Arrow	會會會會會
FF350 Mono	食食食食食
FF351	食食食食食
FF352	食食食食食
FF353 Rapid	食食食食食
FF358	食食食食食
FF366 Cyber	食食食食食
FF375 Shogun	食食食食食
FF384	食食食食食
FF385	食食食食食
FF390 Breaker	☆☆☆☆☆
FF396	食食食食食
FF397 Vector	食食食食食
Stream 2	食食食食食
Marushin	
222	☆ ☆☆☆☆
777 Tiger	食食食食食
RS1 Carbon	食食食食食
RS2 Carbon	食食食食食



FULL FACE HELMETS MDS M13 食食食食食 Sprinter MT Blade ***** Blade 2 **全全全全** Braker SV 食食食食食 KRF SV **全全全**全全 Matrix *** **全全全全** Mugello *** Targo Thunder 食食食食食 Thunder 3 *** Rapide **全全全全** Revenge 食食食食食 Nankai SA₀7 食食食食食 Nexx SX100 **全全全**全全 食食食食食 XG 100 R XR1R 食食食食食 XR1R Carbon 食食食食食 XR2 **全全全**全全 Nitro Aikido 食食食食食 食食食食食 Dynamo **EVO Carbon FE** 全全全全全 NG-FP **全全全全** NP1100F **食食食食食**



FULL FACE HELMETS	
N-PSI	食食食食食
NS-FF	食食食食食
NS-FP	食食食食食
NSFC Carbon	食食食食食
N250-VX	食食食食食
N510-V	食食食食食
N1000-V	☆☆ ☆☆☆
N1700-VF	食食食食食
N1900VF Carbon	食食食食食
N2100	食食食食食
N2200	☆☆☆☆☆
N2300	食食食食
NRS-01	食食食 食食
Reactor	☆☆☆☆☆
Nolan	
N60-5	☆☆☆☆ ☆
N63	食食食食食
N64	☆☆☆☆ ☆
N85	食食食食食
N86	食食食食食
N87	食食食食
X802	食食食食食
Nuvo	
SP2	食食食食 食
NZI	
Premium S	食食食食食
RCV	☆☆☆☆☆
OSBE	
Highway	食食食食 食



FULL FACE HELMETS	
X Race	食食食食食
Premier	
Trophy	食食食食食
Roof	
Panther	食食食食食
RST	
Fusion	★☆☆☆☆
Ruroc	
Atlas 2.0	食食食食
Atlas 3.0	食食食食食
Atlas 4.0 Carbon	食食食食
Schuberth	
C5	食食食食 食
R2	食食食食食
S1 Pro	食食 食食食
S2	食食食食食
SR1	食食食食食
SR2	食食食食食
Scorpion	
EX Combat	食食食食食
EXO Tech	食食食食食
EXO 300	食食食食食
EXO 400	☆☆☆☆ ☆
EXO 410	会会会会
EXO 450	食食食食食
EXO 490	食食食食 食
EXO 500 Air	食食食食 食
EXO 510 Air	食食食食食
EXO 710 Air	食食食食食
EXO 750	食食食食食



FULL FACE HELMETS	
EXO 930 Evo	食食食食食
EXO 1000	食食食食食
EXO 1000 Air E11	食食食食
EXO 1200 Air	食食食食食
EXO 1400 Air	食食食食食
EX0 2000	食食食食食
Exo R1 Evo	食食食食 食
Shark	
D-Skwal	食食食食 食
Race R	食食食食食
Race R Pro	食食食食食
Race R Pro Carbon	食食食食
Ridill	☆☆☆☆ ☆
RSF 3	食食食食食
RSR2 Carbon	食食食食食
S600	食食食食食
S650	食食食食
S700	食食食食食
S900	食食食食食
Skwal	食食食食食
Skwal 2	食食食食食
Spartan	食食食食
Spartan Carbon	食食食食食
Spartan GT	食食食食
Spartan GT Carbon	食食食食
Spartan RS	食食食食食
Speed R	食食食食食
Vancore 2	食食食食
Vision R	食食食食



FULL FACE HELMETS	
Vision R GT Carbon	食食食食食
Shoei	
Ex Zero	☆☆☆☆ ☆
Glamster	食食食食
GT Air	食食食食食
NEOTEC 3	食食食食食
NXR	食食食食食
NXR2	会会会会
Qwest	会会会会
Ryd	食食食食食
X-Spirit II	食食食食食
X-Spirit III	会会会会
XR-1100	会会会会
Shox	
Assault	☆☆☆☆☆
Axxis	☆☆☆☆☆
Sniper	☆☆☆☆☆
Simpson	
Venom	会会会会
Spada	
Arc	食食 食食食
Evolution	食食食食 食
RP700	会会会会
RP900	食食食食食
RP One	食食食食食
SP16	食食食食食
Stealth	·
HD117	食食食食食
HD188	食食食食



FULL FACE HELMETS Suomy Apex 食食食食食 Excel 食食食食食 Speedstar 食食食食食 Suomy (cont) Vandal **全全全全** Uvex Xenova **食食食食**食 **VCan** V100F ******* V127 **全全全全**全 **全全全全** V158 V190 *** Vemar Ghibli *** V1.01.1 Eclipse **全全全全**全 V1.02.1 Midas 食食食食食 食食食食食 Zephir **Viper** RS 33 **全全全全** RS 44 **全全全全** RS 220 食食食食食 RS 222 **食食食食**食 RS 1010 **全全全**全 **RS V131** 食食食食食 **RS V99 全全全全** RS V5 Zero 食食食食食 RS V7 Zero ***

食食食食食



RS V8

FULL FACE HELMETS	
RS V9	食食食食食
X-Lite	
X603	☆☆☆☆ ☆
X661	食食食食食
X702	食食食食食
X803 RS Carbon	食食食食食
X903	食食食食食
802R	食食食食 食



SYSTEM (MODU	LAR/FLIP-UP) HELM	IETS
3G0		
E115	食食食食食	₪ 97%
AGV	'	
Compact	食食食食 食	₪ 100%
Compact ST	食食食食 食	₪ 100%
Longway II	食食食食食	€ 90%
Numo	食食食食 食	a 100%
Sport Modular	☆☆☆☆ ☆	■ 97%
Airoh		
Miro	食食食食食	<u>≈</u> 76%
Rides	食食食 食食	№ 76%
Rev	食食食食 食	■ 73%
SV55 S	食食食食 食	■ 87%
Bell		
M10	食食食 食食	₪ 90%
Black		
Optimus SV	食食食 食食	<u></u> 66%
BMW		
System 6	食食食食	■ 97%
System 6 Evo	☆☆☆ ☆☆	₪ 93%
Box		
FX 1	食食食 食食	≅ 33%
SZ 1	食食食 食食	■ 36%
Caberg		
Droid	食食食食食	₪ 100%
Duke	安全会会会	№ 87%
Duke 2	食食食食食	■ 90%
Horus	食食食 食食	₿ 87%
Konda	会会会会	97%



SYSTEM (MODU	LAR/FLIP-UP) HELM	ETS P
Levo	食食食食食	№ 90%
Sintesi	食食食食食	₪ 90%
Tourmax	食食食食	@ 87%
Duchinni		
D605	食食食食食	€ 97%
D606	食食食食食	₪ 30%
D619	食食食食食	a 23%
D839	食食食食食	₪ 37%
Frank Thomas		
FL09	食食食食食	<u>⋒</u> 20%
Fusion	'	
Tranz	★☆☆☆☆	₪ 23%
G-mac		
Axis	☆☆☆☆ ☆	₪ 100%
Glide	★★☆☆☆	€ 80%
Grex		
G9.1	食食食食食	a 100%
HJC		
C90	食食食食 食	€ 87%
190	食食食 食食	₪ 90%
IS MAX	食食食 食食	40%
IS MAX 2	食食食食食	a 100%
R-PHA 90S	食食食食食	93%
R-PHA 91	食食食食食	® 80%
R-PHA MAX	食食食食食	№ 93%
SY-MAX III	食食食食食	a 40%
V90	食食食食食	90%
Lazer	'	·
Paname	食食食食食	₪ 90%



SYSTEM (MODULAR/FI	LIP-UP) HELME	TS 🕝
Monaco	食食食食食	63% € 63%
LS2		
Advant X	食食食食食	■ 63%
FF324 Metro	☆☆☆☆☆	■ 97%
FF325 Strobe	☆☆☆ ☆☆	■ 100%
FF369 Delta	☆☆☆☆☆	₪ 70%
FF370	☆☆☆☆ ☆	a 100%
FF386	☆☆☆☆ ☆	a 100%
FF393	☆☆☆☆☆	₪ 37%
FF399 Valiant	食食食食食	₪ 97%
Scope	☆☆☆☆☆	87%
Marushin		
M401	食食食食食	■ 17%
MDS		
MD200	食食食食食	<u>⋒</u> 100%
MT		
Atom SV	食食食食食	₪ 50%
Flux	食食食食食	a 40%
Raptor	食食食食食	<u>⋒</u> 70%
Nitro		
F342	食食食食食	40%
F341-VN	☆☆☆☆☆	■ 90%
F341 UNO	☆☆☆☆☆	≅ 77%
Nolan		
N90	食食食食食	100%
N903	食食食食食	90%
N91 Evo	食食食食食	■ 100%
N100-5 Plus	食食食食食	₪ 100%
N104	食食食食食	100%



SYSTEM (MODULAR/FLIP-UP) HELMETS			
NZI			
Convert III	★ ☆☆☆☆	፟ 73%	
Fibrup	★★☆☆☆	■ 77%	
Roof			
Desmo 3	食食食食	€ 97%	
Schuberth			
C3 Pro	食食食食食	₪ 97%	
C4	☆☆☆ ☆☆	₪ 100%	
C4 Pro	☆☆☆☆ ☆	■ 93%	
C5	☆☆☆☆ ☆	100%	
E1	☆☆☆☆☆	€ 93%	
Scorpion			
EXO 900 Air	☆☆☆ ☆☆	■ 83%	
EXO 920	★★☆☆☆	€ 90%	
EXO 930	☆☆☆☆ ☆	€ 63%	
EXO 3000 Air	☆☆☆☆☆	€ 97%	
EXO Tech	食食食食 食	₪ 33%	
Shark			
Evoline III	会会会会会	€ 57%	
EVO-ONE	会会会会	₪ 100%	
EVO-ONE 2	☆☆☆☆ ☆	a 100%	
EVO-ES	食食食食 食	₿ 57%	
Shoei			
GT Air III	☆☆☆☆ ☆	№ 83%	
Neotec	会会会会会	€ 93%	
Neotec 2	食食食食 食	≅ 70%	
Neotec 3	食食食食食	€ 93%	
Simpson			
Darksome	食食食食 食	€ 67%	



SYSTEM (MODULAR/FLIP-UP) HELMETS			
Shox			
Bullet	☆☆☆ ☆☆	₪ 97%	
Spada			
Orion 2	食食食食食	■ 83%	
Reveal	★☆☆☆☆	€ 83%	
Tucana	☆☆ ☆☆☆	■ 100%	
Stealth			
HD189	☆☆☆☆ ☆	■ 83%	
Suomy			
D20	☆☆☆☆☆	₪ 100%	
V Can			
V270	☆☆☆☆☆	■ 100%	
Viper			
RS V115	食食食食食	₪ 80%	
RS V131	☆☆☆☆☆	€ 93%	
RS V151	食食食食食	■ 100%	
RS V171	☆☆ ☆☆☆	€ 93%	
RS V225	☆☆ ☆☆☆	■ 77%	
RS V335	★★☆☆☆	a 100%	
X-Lite			
X1003	食食食食食	<u>⋒</u> 100%	
X1004	食食食食食	a 100%	

