FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Rockland Resources Ltd.

(the"Issuer")

Trading Symbol: RKL

Number of Outstanding Listed Securities: 14,025,001

Date: April 09, 2021 (for the month ended March 31, 2021)

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

March 19, 2021

The Company reports on upcoming and ongoing activities on its Old Timer property located approximately 17 km southeast of the City of Nelson, within the Nelson Mining Division, British Columbia.

Highlights:

Long-Wave Infrared survey - DIRT Exploration of Cape Town, South Africa have been
engaged to complete a long-wave infrared survey (LWIR) over the Old Timer property
and projected target extensions. LWIR is a remote sensing technique that is also
referred to as thermal imaging, that can be used to map the distribution of certain
minerals related to hydrothermal alterations (such as quartz, adularia, albite, kaolinite,

orthoclase, Na- and Ca-montmorillonite, calcite, opal, chalcedony, gypsum, alunite, jarosite, and other sulfates).

- A comprehensive review of all past work done on the property including a magnetic survey, geological mapping, rock, soil and silt geochemistry and historic Minfile and assessment records. Eight zones of mineralization (Minfile showings) are known on the Old Timer Property.
- A detailed high-resolution Lidar survey is being planned to be flown over the property to enhance topographic control for sampling and future drill collar optimization and to assist in the development of a structural and geological 3-D model. Based on a review of the Lidar imagery follow-up site work will then be completed to ground-truth historic exploration pits or structures that are visible on the Lidar bare earth image, and these areas should be assessed by geological mapping and rock sampling. Similarly, areas of interest from the 2020 magnetic survey will need to be ground-truthed and assessed. Detailed soil sampling to trace known mineralized zones, as well as any knew zones discovered in follow-up to the Lidar and magnetic surveys, is also being planned.

March 29, 2021

The Company announced the signing of an agreement whereby the Company can acquire a 100% interest in the "Cole Gold Mine Property" (Property"), located in Ball Township, Red Lake Mining District.

- The current Cole Gold Mine Property consists of 28 mining claims (568 ha) located 30 kilometers west of the Cochenour, Campbell, Red Lake Mine Complex owned and operated by Evolution Mining. The property is being acquired from Wabassi Resources ULC. ("Wabassi"), whom have an option to acquire 100% interest from the underlying Property owners.
- The Company can earn 100% interest (less NSR) in the Cole Gold Mine Property through cumulative option payments in cash of CDN \$410,000 and common shares in the Company with a deemed value of CDN \$650,000, with a minimum year one work commitment of CDN \$300,000. Wabassi retains a 2.0% net smelter royalty (NSR) on production from the Property, 0.5% of which can be purchased for \$750,000 at any time. The underlying Vendor of the Cole Gold Mine Property also retains a 1.0% NSR, and the Company will have an option to purchase 0.5% of the NSR for \$750,000.

- 2. Provide a general overview and discussion of the activities of management.
 - The Company reported on its upcoming and ongoing activities on the Old Timer Property. Details are listed above in section 1 dated March 19, 2021
 - A comprehensive review of all past work done on the property including a magnetic survey, geological mapping, rock, soil and silt geochemistry and historic Minfile and assessment records.
 - A detailed high-resolution Lidar survey is being planned to be flown over the property to enhance topographic control for sampling and future drill collar optimization and to assist in the development of a structural and geological 3-D model.
 - On March 29, 2021 the Company announced acquisition of Cole Gold Mine Property in West Red Lake, Ontario. The option agreement was signed on March 25, 2021
 - The Cole Gold Mine Property consists of 28 mining claims (568 ha) located 30 kilometers west of the Cochenour, Campbell, Red Lake Mine Complex owned and operated by Evolution Mining.
 - For further information regarding this acquisition, see section 1 of this report.
- 3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.
 - On March 19, 2021 the Company started a Long-Wave Infrared survey on the Old Timer Property and started a comprehensive review of all past work done on the property including a magnetic survey, geological mapping, rock, soil and silt geochemistry and historic Minfile and assessment records.
 - On March 29, 2021 the company acquired the Cole Gold Property but have not yet announced any exploration immediate exploration plans yet.
- 4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.
 - No drilling, exploration or production programs have been amended or abandoned during the month of March 2021. However, a Long Wave Infrared Survey has been started on the Old Timer Property
- 5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.
 - A Long Wave Infrared Survey has been started on the Old Timer Property. Announced

March 19, 2021. Also a property Option Agreement has been signed for the Cole Gold Mine Property on March 25, 2021

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6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

None.

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

Acquisition of Cole Gold Mine Property as mentioned in section 1 of this report. To Wabassi Resources, ULC.

Instalment Due Date	Payment	Common Shares	Expenditure Amounts
March 26, 2021	\$10,000	N/A	N/A
By April 30, 2021	\$50,000	1,071,428	N/A
By March 26,2022	\$150,000	\$300,000 worth of shares on 20 day VWAP prior to Approval Date	

To Greg W Smith

Instalment Due Date	Payment	Common Shares	Expenditure Amounts
By August 07, 2021	\$100,000	\$100,000 worth of shares on 20 day VWAP prior to Approval Date	\$100,000
By September 24,2022	\$100,000	\$100,000 worth of shares on 20 day VWAP prior to Approval Date	\$200,000

8. Describe the acquisition of new customers or loss of customers.

Not applicable.

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trademarks.

Not applicable.

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

Dave Bissoondatt was hired as corporate secretary during the month of March 2021.

11. Report on any labour disputes and resolutions of those disputes if applicable.

There were no labour disputes or resolutions to labour disputes during the month of February 2021.

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

The Issuer is not aware of any legal proceedings to which it has become a party during the month of February 2021.

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

The Issuer have incurred indebtedness of \$10,000 with option agreement signed during the month of March 2021. See details of option agreement in section 7 of this report.

14. Provide details of any securities issued and options or warrants granted.

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Common Shares	200,000	200,000 Stock Options @\$0.10 exercised on March 01, 2021	Working Capital
		(aggregate gross proceeds \$20,000)	
Common Shares	100,00	100,000 Stock Options @\$0.10 exercised on March 17, 2021	Working Capital
		(aggregate gross proceeds \$10,000)	

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Warrants			
Common Shares			
Options			

(1) State aggregate proceeds and intended allocation of proceeds.

15. Provide details of any loans to or by Related Persons.

There were no loans to or by Related Persons during the month of March 2021.

16. Provide details of any changes in directors, officers or committee members.

During the month of March 2021

Michael England was appointed President, CEO and Director of the Company.
Gary Musil stepped down as President and CEO and remains a Director
Twila Jensen has stepped down from being a Director
Dave Bissoondatt has been appointed Corporate Secretary replacing Nancy T. Kawazoe

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

The Issuer has no history of earnings and to date has not defined any commercial quantities of mineral reserves on the Summit Old Timer Property. The Issuer has an option only to acquire an interest in the Summit Old Timer Property and there is no guarantee that the Issuer's 75% interest, if earned, will be certain or that it cannot be challenged by claims of aboriginal or indigenous title, or unknown third parties claiming an interest in the Summit Old Timer Property.

The issuer has an option on the Cole Gold Mine Property where it can earn 100% interest. There are historic results on the property but the issuer has not started any exploration work to confirm these results.

The Issuer and its assets may also become subject to uninsurable risks. The Issuer's activities may require permits or licenses which may not be granted to the Issuer. The Issuer competes with other companies with greater financial resources and technical facilities. The Issuer may be affected by political, economic, environmental and regulatory risks beyond its control. The Issuer is currently largely dependent on the performance of its directors and officers and there is no assurance the Issuer can retain their services. In recent years both metal prices and publicly traded securities prices have fluctuated widely.

The outbreak of the coronavirus ("COVID-19") pandemic is likely to impact the Issuer's plans and activities. The Issuer may face disruption to operations, supply chain delays, travel and trade restrictions and impact on economic activity in affected countries or

regions can be expected and can be difficult to quantify. Such pandemics or diseases represent a serious threat to maintaining a skilled workforce industry and could be a major health-care challenge for the Issuer. There can be no assurance that the Issuer's personnel will not be impacted by these pandemic diseases and ultimately that the Issuer would see its workforce productivity reduced or incur increased medical costs/insurance premiums as a result of these health risks. In addition, the COVID-19 pandemic has created a dramatic slowdown in the global economy. The duration of the COVID-19 outbreak and the resultant travel restrictions, social distancing, government

response actions, business closures and business disruptions, can all have an impact on the Issuer's operations and access to capital. There can be no assurance that the Issuer will not be impacted by adverse consequences that may be brought about by the COVID-19 pandemic on global financial markets which may result in reduced resource prices, share prices and financial liquidity and thereby may severely limit the financing capital available.

Certificate of Compliance

The undersigned hereby certifies that:

- 1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
- 2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
- 3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
- 4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: April 01, 2021.

Michael England
Name of Director or Senior Officer

Signature

<u>Chief Executive Officer, President and Director</u>
Official Capacity

Issuer Details	For Month End	Date of Report	
Name of Issuer		YY/MM/DD	
Rockland Resources Ltd.	March 31, 2021	21/06/01	
Issuer Address			
Suite 1240-789 West Pender Street			
City/Province/Postal Code	Issuer Fax No.	Issuer Telephone No.	
Vancouver, British Columbia, V6C 1H2	N/A	(604) 683-3995	
Contact Name	Contact Position	Contact Telephone No.	
Micheal England	Chief Executive Officer, President and Director	(604) 683-3995	
Contact Email Address	Web Site Address	1	
mike@engcom.ca	N/A		