FORM 7

MONTHLY PROGRESS REPORT

Name of CSE Issuer: EMP METALS CORP. (the "Issuer")

Trading Symbol: EMPS

Number of Outstanding Listed Securities: 44,395,462

Date: March 3, 2022

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.

   EMP Metals Corp. (previously Sentinel Resources Corp.) (the "Issuer") is engaged in the exploration and development of mineral properties in Canada and Australia.

   On February 28, 2020, the Issuer successfully completed its initial public offering (the "IPO") and issued 6,500,000 common shares at a price of $0.10 per share for proceeds of $650,000. The Issuer's common shares were listed on the Canadian Securities Exchange ("CSE") effective February 28, 2020, with its common shares commencing trading on the CSE on March 2, 2020 under the trading symbol "SNL".

2. Provide a general overview and discussion of the activities of management.

   During the month of February, the Issuer has continued to further explore and develop its mineral properties in Australia (the Gold and Silver Projects) and in Saskatchewan (the "Li-Brine Properties") through its 67% ownership of Hub City Minerals Corp. ("Hub City").

   On February 2, 2022, the Issuer announced positive results from the recently completed flow test of its first test well, 11/11-02-009-13W2/0, in the Mansur permit area located in southeast Saskatchewan. The flow test has confirmed 4 primary zones of interest for future analysis and development. As previously reported, laboratory testing of these zones in the Duperow formation returned lithium concentrations up to 96.3 mg/l, which exceeded the Company's target of 74.6 mg/l. The primary target is the Wymark A & B zone, which previously tested up to 86 mg/l. The zone is continuous across a large regional area and these flow results, coupled with future horizontal well development, provide potential for expansion with future drill programs.

The Wymark E & F zone, which previously tested up to 96.3 mg/l, was flowed in combination with other zones due to lower permeability rock. Because this zone exhibited the highest lithium concentrations on the Issuer's Mansur prospect, horizontal development will be evaluated and additional testing may be conducted in offsetting wellbores to assess regionality.

These results suggest the potential for the future development of a dual layer lithium brine project with high flow rates and brine concentrations in the 86 to 96.3 mg/l range. Vertical wellbore development of the lower Duperow zone with 86 mg/l zone is viable due to the high flow rates in that zone. Horizontal drilling of the upper Duperow 94 + mg/l zone will be required in order to improve flow rates and early economics of this second prospective layer.

On February 3, 2022, the Issuer announced the appointment of Mr. Michael Kobler to the position of technical consultant. Mr. Kobler is the former president, and current general manager of US operations for American Lithium (TSXV-Li), successfully advancing the TLC lithium project in Nevada. Prior to that, Mr. Kobler has specialized in identifying, acquiring, developing, and producing natural resource opportunities throughout the world as well as overseeing the design and construction of a number of infrastructure projects.

On February 7, 2022, the Issuer announced the appointment of Mr. Brian Balazs to the position of technical consultant. Mr. Balazs has over 30 years experience encompassing all aspects of oil and gas exploration and development, from basin analysis and prospect generation through to development drilling and acquisitions. He brings a diverse skill set prospecting for oil and gas throughout western Canada and internationally, including various countries in Europe, Africa, and South America. Throughout his career, he has consistently generated commercially viable prospects resulting in many successful drilling programs and significant reserves additions. He also has specific expertise in risk assessment and resource evaluations.

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.

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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.

   Not applicable.

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.

   Issuer did not enter into any new business relationships during the month of February, 2022.

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.

   Not applicable.

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.

   No assets were acquired or disposed of in the current reporting month.

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 trade-marks.

   Not applicable.

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

    Not applicable.

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

    Not applicable.

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.

    Not applicable.

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

    During the reporting month, no indebtedness was incurred or repaid outside of the normal course of operations.

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

    4,877,086 common shares were issued in February pursuant to exercise of share purchase warrants.

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

    There were no loans to or by Related Persons in the reporting month.

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

    There were no changes in directors, officers or committee members in the reporting month.

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

    During the current reporting month, the global COVID-19 pandemic risk remains. The actual and threatened spread of the virus globally has had a material adverse effect on the global economy and specifically, the regional economies in which the Company operates. Although the Issuer is presently not aware of any confirmed cases of COVID-19 among its management and employees, it may result in modest delays in the course of business, including potential delays to its exploration efforts/activities/programs. In addition, the current pandemic could have a negative impact on the stock market, including trading prices of the Issuer's shares and its ability to raise new capital. These factors, among others, could have a significant impact on the Issuer's operations.

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 is no material information concerning the Issuer which has not been publicly disclosed.

3. The undersigned hereby certifies to CSE 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 CSE Requirements (as defined in CSE Policy 1).

4. All of the information in this Form 7 Monthly Progress Report is true.

Dated March 3, 2022.

Rob Gamley
Name of Director or Senior Officer

(s) Rob Gamley
Signature

CEO and Director
Official Capacity

Issuer Details Name of Issuer EMP METALS CORP.	For Month End February, 2022	Date of Report YY/MM/DD 2022/03/03
Issuer Address 204 - 998 Harbourside Dr.		
City/Province/Postal Code North Vancouver, British Columbia V7P 3T2	Issuer Fax No. (604) 684-0642	Issuer Telephone No. (604) 639-3880
Contact Name Rob Gamley	Contact Position CEO and Director	Contact Telephone No. (604) 639-3880
Contact Email Address rob@contactfinancial.com	Web Site Address	