

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Go Metals Corp.** (the "Issuer").

Trading Symbol: **GOCO**

Number of Outstanding Listed Securities: **5,747,534 common shares were issued and outstanding as of September 30, 2021**

Date: **October 6, 2021 (for the month of September 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.

The Issuer is an exploration stage company whose primary activities are acquiring and exploring mineral properties. The Issuer has a 100% interest in the Monster Property located 80 km north of Dawson City, Yukon, it has a 10% working interest

in the Wels Gold project located in the Yukon and it recently increased its lands mass to 4,240 Ha at its HSP Nickel-Copper-PGE project in Quebec.

The Issuer continues to seek opportunities in its primary activities.

2. Provide a general overview and discussion of the activities of management.
- During the month of September 2021, management's principal activities consisted of:
- providing an update on the Ashuanipi gold project in Eastern Quebec; and
 - attending to general and administrative matters.
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.

The Issuer provided an update on the Ashuanipi gold project, a joint venture with Flow Metals Corp. in Eastern Quebec north-west of Schefferville.

Highlights include:

- Grab samples with up to 25.6 g/t Au
- 7 zones with inferred continuous gold mineralization
- Localized confirmation o Windfall Geotek CARDS AI prospectivity map

Grab samples with up to 25.6 g/t gold were taken at the Ashuanipi gold project in Quebec. The sampling targeted artificial intelligence targets, geophysical targets, and historic showings. The data indicate 7 zones with the potential for continuous gold mineralization on the project. The zones are up to 500 m by 150 m.

Gold mineralization is found in three distinct styles that often occurs in tandem:

1. Silicified host rock schist with disseminated arsenopyrite. (Marie, HB, Red Ridge)
2. Sulphides occurring near margins of felsic intrusions and folded dykes (White Snake, Red Ridge)
3. Rusted patches of garnet pyroxenite, granulite facies mafic rock (Ol' Rusty, Baldie, Nose, Marie)

<u>Zone</u>	Average Au grade, 2021 sampling	Average Au grade, all sampling to date	Max Au grade, all sampling to date	Total number of samples 2021	Total number of samples, all sampling to date
White Snake	9.04 g/t	8.94 g/t	25.6 g/t	3 samples	5 samples
Red Ridge	0.98 g/t	1.98 g/t	12.25 g/t	6 samples	11 samples

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Nose	1.5 g/t	1.5 g/t	4.19 g/t	3 samples	3 samples
Marie	0.29 g/t	0.52 g/t	1.99 g/t	5 samples	12 samples
Baldie	0.25 g/t	0.87 g/t	2.5 g/t	2 samples	5 samples
HB	0.13 g/t	0.49 g/t	1.37 g/t	2 samples	5 samples
Ol' Rusty	0.2 g/t	0.28 g/t	1.02 g/t	5 samples	12 samples

• White Snake: Displays highest grade and is characterized by gold mineralization near the contact with a large felsic dyke. the most gold is directly adjacent to the dyke (17 to 15 g/t) but the host rock was also tested a few meters away and 0.4 g/t was present in seemingly unmineralized rock. This means that the gold likely forms a wider halo around the dykes that can be invisible and was historically very rarely sampled.

• Red Ridge: The longest gold zone with grab samples up to 12g/t Au. The southwestern portion has 5 samples above 1 g/t widely spaced 50m along strike. Following the structure directly in line to the Northeast reveals 4 more anomalous gold samples making the inferred gold mineralization up to 500m long. Gold mineralization here is characterized by silicification, small pockets of garnet-pyroxenite and a felsic dyke runs parallel alongside the gold zone.

• Nose: An area with a clear fold and mineralization is type 3 garnet-pyroxenite with minor felsic dykes. • Marie: A clear structure similar to red ridge that has a mixture of all optimal gold mineralization styles. Here the structure runs roughly north south with anomalous gold samples up to 1km along the length.

• Baldie: Classic lenses of boudinaged garnet-pyroxenite

• HB: A classic boudinaged garnet-pyroxenite accompanied by minor silicified schist and isolated pockets graphitic schist

• Ol' Rusty: One of the most heavily sampled zones on the Ashuanipi project. This large body of garnetpyroxenite is at least 300m by 100m and has a very consistent grade of around 0.2 to 0.4g/t.

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 were amended or abandoned during the month of **September 2021**.

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.

There were no 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 during the month of **September 2021**

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.

There were no contracts or agreements that expired or were terminated between the Issuer, the Issuer's affiliates or third parties and there were no previously announced financing agreements that cancelled during the month of **September 2021**.

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.

There were no acquisitions or dispositions of the Issuer's assets during the preceding month of **August 2021**.

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

There were no acquisitions of new customers or loss of customers during the month of **September 2021**.

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.

There were no new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks during the month of **September 2021**.

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

There were no employee hirings, terminations or lay-offs during the month of **September 2021**.

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

There were no labour disputes during the month of **September 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.

There were no legal proceedings to which the Issuer became party to during the month of **September 2021**.

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

There was no indebtedness incurred or repaid by the Issuer during the month of **September 2021**

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

During the month of **September 2021**, no securities were issued.

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

There were no loans to or by Related Persons of the Issuer during the month of **September 2021**.

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

There were no changes in directors, officers or committee members of the Issuer during the month of **September 2021**.

As at the date of this report, the directors and officers of the Issuer are as follows:

Scott Sheldon	Director, Chief Executive Officer, President
Don Sheldon	Director
Brian Murray	Director, Chief Financial Officer
Adrian Smith	Director
Michael Woods	Corporate Secretary

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

The trends and risks which are likely to impact the Issuer are detailed in the Issuer's Management Discussion and Analysis for the 3rd quarter ended April 30, 2021 dated as of June 28, 2021 (the "MD&A") under the headings "Financial Instruments", "Risks" and "Risks and Uncertainties". The MD&A is available on the Issuer's SEDAR profile at www.sedar.com and on the Issuer's disclosure hall with the CSE at www.thecse.com.

In addition to the trends and risks detailed in the MD&A, COVID-19 is likely to impact the Issuer:

COVID-19

The outbreak of the corona virus pandemic has impacted the Issuer's plans and activities. The Issuer may face disruption to operations, 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 may reduce resource prices, share prices and financial liquidity and thereby that 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 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: October 6, 2021

Scott Sheldon

Name of Director or Senior
Officer

"Scott Sheldon"

Signature

Chief Executive Officer

Official Capacity

Issuer Details	For Month End	Date of Report
Name of Issuer Go Metals Corp.	September 2021	YY/MM/D 20/10/06
Issuer Address Suite 810 – 789 West Pender Street		
City/Province/Postal Code Vancouver, BC V6Z 2R9	Issuer Fax No. (604) 687-3141	Issuer Telephone No. (604) 687-2038
Contact Name Scott Sheldon	Contact Position CEO	Contact Telephone No. (604) 725-1857
Contact Email Address scott@gometals.ca	Web Site Address http://gometals.ca/	