

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: **Silver Sands Resources Corp.** (the "Issuer")

Trading Symbol: **SAND**

Number of Outstanding Listed Securities: **80,376,711** (September 30, 2022)

Date **October 4th, 2022 (for the month ended September 30, 2022)**

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.

During September, 2022, management's principal activities included planning a potential exploration program on its Corner Pocket Project located in Newfoundland as well as discussing future exploration programs for Virginia.

The Company's Annual General Meeting will be held November 3, 2022. The record date for voting was September 20, 2022.

Silver Sands Resources Corp., (the "Company"), is a well-financed, Canada-based company engaged in the business of mineral exploration and the acquisition of mineral property assets in mining-friendly jurisdictions. Its objective is to locate and develop economic precious and base metal properties of merit.

Its key asset is the Virginia silver project, located in the mining-friendly Santa Cruz state of Argentina. More recently, the Company acquired the Corner Pocket Project, a 6,400 hectare copper-zinc-silver massive sulfide project located 25 km to the WNW of Corner Brook, Newfoundland. The Corner Pocket is contiguous to the west, east and south of the York Harbour Metals Inc., massive sulfide project.

Virginia Project, Santa Cruz, Argentina

Virginia is a low to intermediate sulphidation epithermal silver deposit located in the mineral-rich Deseado Massif, lying within the mining-friendly province of Santa Cruz in the Patagonia region of Argentina. Through initial discovery in 2009 to four drill programs between 2010 and 2012, Mirasol Resources was able to define an initial indicated mineral resource of 11.9 million ounces of silver at 310 g/t Silver and a further inferred 3.1 million ounces of silver at 207 g/t Silver within seven outcropping bodies. This resource is documented in a Mirasol Resources technical report entitled: "Amended Technical Report, Virginia Project, Santa Cruz Province, Argentina -- Initial Silver Mineral Resource Estimate" with an effective date of Oct. 24, 2014, and a report date of Feb. 29, 2016.

Several additional vein structures within the property package remain highly prospective, as Mirasol concentrated the bulk of its exploration effort on the resource area at the expense of continuing exploration on the underexplored additional veins. Several of these structures have highlight values in excess of 1,000 g/t silver and have a high probability of hosting additional silver resources. These veins structures continue to be the primary focus of the Silver Sands 2021/2022 exploration efforts.

Silver Sands is earning a 100-per-cent interest in Virginia by issuing sufficient shares for Mirasol to end up with 19.9 per cent of the issued and outstanding of Silver Sands and completing \$6-million (U.S.) in exploration over three years. Mirasol will retain a 3-per-cent net smelter return royalty with Silver Sands having the option of purchasing one-third of the royalty for \$2-million (U.S.).

Corner Pocket Project, Newfoundland

The Corner Pocket Project, a 6,400 hectare copper-zinc-silver massive sulfide project located 25 km to the WNW of Corner Brook, Newfoundland, is contiguous to the west, east and south of the York Harbour Metals Inc., massive sulfide project. More specifically, the Corner Pocket covers a NNE/SSW trending synclinal fold within the Blow me Down Massif which is comprised of the Humber Arm Allochthon/ Bay of Islands Ophiolite suite. The claim hosts the upper and middle stratigraphy of the upper Cambrian to lower Ordovician Bay of Islands Ophiolite: a mafic sheeted dyke complex and massive gabbro. The Claim also contains a deeper serpentinitized harzburgite and red arkosic sandstone, conglomerate, volcanic pillows and breccias of the Lower Cambrian Blow Me Down Brook Formation. The targets are Cypress style volcanogenic massive sulfides within the Blow Me Down Massif within an ophiolite sheeted dyke complex. The lower Cambrian Blow Me Down Brook Formation also has potential to host volcanogenic massive sulfides.

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

A. The Company continues to review its newly acquired Corner Pocket Project located 25 km to the WNW of Corner Brook, Newfoundland and is planning an exploration work program (to be announced). The Company's CEO stated, "The recent exploration success of Phoenix Gold / York Harbour Metals at York Harbour has brought considerable focus to western Newfoundland. While the Corner Pocket property has seen very limited historical exploration, there have been undocumented reports of significant gossans on this ground the Company plans to aggressively follow up. York Harbour's reports of copper mineralization in the western and southern portions of their claim block strongly suggests possible extensions onto the Corner Pocket property and

further enhances the potential of the property.”

B. The Company scheduled its AGM for November 3, 2022. (record date for voting was September 20, 2022)

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.

No changes since the last monthly progress report.

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 September 2022.

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.

No changes since the last monthly progress report.

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.

No changes since the last monthly progress report.

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 changes since the last monthly progress report.

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.

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

2022.

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 September 2022.
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 September 2022.
13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.
None.
14. Provide details of any securities issued and options or warrants granted.
During the month of September 2022, no securities were issued.

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾

(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 September 2022.
16. Provide details of any changes in directors, officers or committee members.
No changes since the last monthly progress report.
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 Virginia Silver Property. The Issuer has an option only to acquire an interest in the Virginia Silver Properties and there is no guarantee that the Issuer's 100% interest(s), 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 aforementioned properties.

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.

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 4th, 2022.

Keith Anderson

Name of Director or Senior Officer

Signed://

"Keith Anderson"

Signature

Chief Executive Officer and Director

Official Capacity

<i>Issuer Details</i> Name of Issuer	For Month End	Date of Report YY/MM/DD
Silver Sands Resources Corp.	September 2022	22/10/04
Issuer Address #830 - 1100 Melville Street, PO Box 43		
City/Province/Postal Code	Issuer Fax No.	Issuer Telephone No.
Vancouver, British Columbia, V6E 4A6	(604) 395-7068	(604) 341-6870
Contact Name	Contact Position	Contact Telephone No.
Keith Anderson	Chief Executive Officer and Director	(604) 786-7774
Contact Email Address info@silversandscorp.com Keith.silversandscorp@gmail.com	Web Site Address https://www.silversandscorp.com	