

FORM 7

MONTHLY PROGRESS REPORT

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

Trading Symbol: SAND

Number of Outstanding Listed Securities: 42,628,937

Date: August 7, 2020 (for the month ended July 31, 2020)

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.

Silver Sands Announces Closing of \$151,000 Private Placement of Flow-Through Common Shares

Vancouver, British Columbia, **July 16, 2020**: Silver Sands Resources Corp. (formerly Golden Opportunity Resources Corp.) (the "Company" or "Silver Sands") (CSE: SAND) is pleased to announce that further to its news release on July 9, 2020, it has closed its Flow-Through Financing of Flow-Through Units (each a "FT Unit") for aggregate gross proceeds of C\$151,000 (the "Private Placement") through the issuance of 1,006,667 FT Units of the Company at a price of C\$0.15 per FT Unit with a half of a Warrant at a price of C\$0.30 for two years. Each FT Unit consists of one

Flow-Through common share at \$0.15 per share (a “FT Share”) and one-half of one common share purchase warrant (each whole warrant, a “Warrant”). Each Warrant entitles the holder to purchase one common share (which is not a flow-through share) at \$0.30 per common share for a period of 24 months following the date of issuance.

The Warrants are subject to an acceleration right that allows the Company to give notice of an earlier expiry date if the Company’s share price on the Canadian Securities Exchange (or such other stock exchange the Shares may be trading on) is equal to or greater than C\$0.50 for a period of 10 consecutive trading days.

The Company has paid 7% Cash Finders’ fees totaling \$3,570 and issued 23,800 Broker Warrants which have the same terms as the subscribers’ warrants described above.

Proceeds of the Private Placement will be used for exploration on its Canadian properties.

The securities issued in connection with the Private Placement are subject to a four month hold period as required by applicable securities laws and the policies of the Canadian Securities Exchange.

Silver Sands Resources Commences Airborne Geophysics at Detour Lake Property.

Vancouver, British Columbia, **July 22, 2020**: Silver Sands Resources Corp. (the "Company" or "Silver Sands") (CSE: SAND) is pleased to announce the commencement of an airborne geophysics survey at its Detour Lake Gold project in the Detour Lake District, Ontario, Canada.

Prospectair Geosurveys Inc. of Gatineau, Quebec will undertake the high-resolution heliborne magnetics survey at 50 metre line spacings across the entire 3,840 hectare property. The regional magnetics show strong folding in the west block and changes in strike of magnetic lineaments in the east block. Gold deposits in the Detour Greenstone Belt are strongly structurally related, so the objective of the survey is to confirm the location of structure for ground follow-up in preparation for later drilling.

“The Archean greenstone belts of Ontario and Quebec have historically been the source of considerable Canadian gold,” said Silver Sands CEO Keith Anderson. “Our Detour Lake gold project is ideally located with one such belt that hosts the Detour Lake Gold Deposit among other deposits,” he continued. “The airborne magnetics survey should help define potential gold bearing structures for later drilling,” he concluded.

About Detour Lake:

- Located in the Detour Greenstone Belt, host to the Detour Gold Mine Complex, the Fenlon Gold Project recently discovered by Wallbridge Mining, the Balmoral Resources Ni-Cu Discovery, the past and current producing Casa Berardi Mine and the past producing Selbaie VMS Mine;
- Only Detour Gold and Aurelius Minerals have any significant land holdings in the area and the SAND Detour Lake Gold Project is contiguous to both;
- Structural setting combined with postulated gabbroic intrusive makes an excellent host for potential gold mineralization
- Proximal to the Zone 58N Gold Deposit and the Lipton Gold Zone
- The Company is earning a 100% interest, subject to a 2% NSR, by making cash payments of \$95,000, issuing 3 million shares and completing \$650,000 in exploration expenditures over the next three years. The Company can buy out the total NSR for \$1,000,000.

Silver Sands cautions investors mineralization on the above mentioned properties is not necessarily indicative of similar mineralization on the Northbound claim block.

Silver Sands Announces Private Placement for up to \$1,000,000

Vancouver, British Columbia, **July 22, 2020:** Silver Sands Resources Corp. (the “Company” or “Silver Sands”) (CSE: SAND) is pleased to announce a Private Placement of up to 4,000,000 Units at \$0.25 per Unit (the “Units”) for gross proceeds of up to \$1,000,000. Each Unit will consist of one common share at \$0.25 per share (a “Share”) and one half of one common share purchase warrant (each whole warrant, a “Warrant”). Each Warrant entitles the holder to purchase one common share at \$0.30 per common share for a period of 24 months following the date of issuance.

The Warrants are subject to an acceleration right that allows the Company to give notice of an earlier expiry date if the Company’s share price on the CSE (or such other stock exchange the Shares may be trading on) is equal to or greater than C\$0.50 for a period of 10 consecutive trading days.

The Company may pay a finder’s fee on all or a portion of the Private Placement in accordance with the policies of the CSE. Proceeds of the private placement will be used for work on the Company’s mineral properties and general working capital. The Private Placement is subject to the acceptance of the CSE.

About Silver Sands Resources Corp.

Silver Sands is a well-financed, Canadian-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. The company has signed a definitive agreement with Mirasol Resources to acquire a 100-per-cent interest in the 73,411-hectare Virginia silver project, its key asset. There is an indicated mineral resource of 11.9 million ounces of silver at 310 grams per tonne silver and an inferred resource of 3.1 million ounces of silver at 207 g/t Ag in 2016.

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

During July, 2020, management's principal activities included, but were not limited to, discussion on and the preparation of necessary documentation in respect of:

- (i) Closing a flow-through share private placement for total proceeds of \$151,000;
- (ii) Conducting Airborne Geophysics at its Detour Lake Property;
- (iii) planning to proceed to a financing for up to 4,000,000 units at \$0.25 per unit.

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.

None.

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 July, 2020.

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.

During the month of July, 2020, the Company entered into a Detour Project Field Program Agreement with Orix Geosciences Inc. and with Prospectair Geosurveys Inc. in regards to the work program for Detour Lake Project. (See News release July 22, 2020)

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.

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 July, 2020.

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 July 2020.

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 July, 2020.

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.

See below and News release issued on July 16, 2020 regarding the closing of the Company's Flow-Through Financing

Security	Number Issued	Details of Issuance	Use of Proceeds ⁽¹⁾
Flow Through Units ("FT Units")	1,006,667 FT Units	\$0.15 per FT Unit: Each FT Unit consists of one Flow-Through common share at \$0.15 per share (a "FT Share") and one-half of one common share purchase warrant (each whole warrant, a "Warrant").	Canadian Eligible Exploration Expenses ("CEE")
Warrants	503,334	Each Warrant entitles the holder to purchase one common share (which is not a flow-through share) at \$0.30 per common share for a period of 24 months following the date of issuance	When or if exercised, the proceeds will be for Company projects and general working capital

(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 July, 2020.

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

No changes since that 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 Maple Bay Property, Detour Lake Property or the Virginia Silver Property. The Issuer has an option only to acquire an interest in each of the Maple Bay the Detour Lake and 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 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: August 7, 2020.

Keith Anderson
 Name of Director or Senior Officer
 Signed://
"Keith Anderson"
 Signature
Chief Executive Officer and Director
 Official Capacity

Issuer Details Name of Issuer	For Month End	Date of Report YY/MM/DD
Silver Sands Resources Corp.	July 31, 2020	20/08/07
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	Web Site Address	
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