

OFFICER'S CERTIFICATE

TO: Alberta Securities Commission
British Columbia Securities Commission

RE: Annual General and Special Meeting of the Shareholders of Foremost Ventures Corp. (the "Corporation") to be held on September 16, 2019 (the "Meeting")

With reference to National Instrument 54-101 — *Communication with Beneficial Owners of Securities of a Reporting Issuer* ("NI 54-101"), the undersigned, John Thompson, Chief Executive Officer of the Corporation, in such capacity and not in his personal capacity, certifies for and on behalf of the Corporation, that:

1. in accordance with the requirements set out in section 2.20(a) of NI 54-101, arrangements have been made to have the proxy-related materials for the Meeting sent in compliance with the applicable timing requirements in sections 2.9 and 2.12 of NI 54-101;
2. in accordance with the requirements set out in section 2.20(b) of NI 54-101, arrangements have been made to carry out all of the requirements of NI 54-101 in addition to those described in paragraph 1 above; and
3. the Corporation is relying upon section 2.20 of NI 54-101 in connection with the Meeting.

DATED as of the 9th day of August, 2019.

FOREMOST VENTURES CORP.

Per: 

Name: John Thompson

Title: Chief Executive Officer

Certificate of Abridgement
