

AVINO SILVER & GOLD MINES LTD.
("Avino")

INSIDER TRADING POLICY

Introduction

Avino encourages all directors, officers and employees to become shareholders of Avino on a long-term investment basis. Purchases and sales of shares of Avino are regulated by rules under Canadian Securities Legislation and the policies of all stock exchanges on which Avino's securities are listed, including without limitation the TSX Venture Exchange (the "**TSXV**") and NYSE MKT. You should read this Policy in conjunction with the *Business Corporations Act* (British Columbia), the *Criminal Code* (Canada), the *Securities Act* (British Columbia) and National Instrument 55-104, *Insider Reporting Requirements and Exemptions*.

It is illegal for anyone to purchase or sell or otherwise deal in securities of any public company with knowledge of "material information" (as described below) or unpublished price-sensitive information (being information which relates to particular securities or to a particular issuer rather than securities or issuers in general, which is specific or precise, which has not been made public and, if it were made public, would be likely to have a significant effect on the price or value of the securities) relating to the securities of Avino (collectively referred to as "unpublished price-sensitive information") affecting that company that has not been publicly disclosed or published through the prescribed channels.

"Material information" includes material facts, which are facts that would reasonably be expected to have a significant effect on the market price or value of Avino's securities, and "material changes". A "material change" is: (i) a change in the business, operations or capital of Avino that would reasonably be expected to have a significant effect on the market price or value of any of the securities of Avino; or (ii) a decision to implement a change referred to in sub clause (i) made by the board of directors of Avino (the "**Board**") or senior management of Avino who believe that confirmation of the decision by the Board is probable. Information is also "material" if there is a substantial likelihood that a reasonable investor would consider the information important to a decision to buy, hold or sell Avino's securities.

It is also illegal for anyone to inform any other person of unpublished price-sensitive information except, under Canadian securities legislation only, in the necessary course of business and where the recipient agrees to keep the information confidential. Therefore, personnel of Avino with knowledge of confidential or material information about Avino or its subsidiaries, its joint ventures, or third parties in negotiations of material potential transactions, are prohibited from trading or dealing (collectively referred to as "trading") in securities of Avino or of any such third party until the information has been fully disclosed and at least the end of the next trading day has elapsed following the date of release of the material information, in order for the information to be generally disseminated to the public. The Board has established this Policy for all directors and officers and personnel who may have access to such information.

Any individual who violates this Policy may face disciplinary action up to and including termination of his or her employment or appointment with Avino without notice.

Application

All persons as may be determined from time to time by Canadian securities legislation, including the following persons (irrespective of the size of his or her holding or interest), must comply with this Policy:

- (a) all directors and "senior officers" (as defined in applicable securities laws) of Avino and its subsidiaries (and any person who acts as a director whether or not officially appointed) ("**Insiders**");
- (b) employees of Avino and its subsidiaries;
- (c) consultants of Avino and its subsidiaries and other persons who, because of their employment in Avino, may have possession of or access to undisclosed potentially material information concerning Avino;
- (d) the spouse or the child or step-child of the persons named in clauses (a), (b) and (c) above; and
- (e) any other person or entity, including a registered retirement savings plan or other similar plan, trust, trustee, corporation, partnership or other association which holds Avino's securities, which securities are in fact beneficially owned or over which control or direction is exercised by any person named in clauses (a), (b), (c) or (d) above, and any company over which any person named in clauses (a), (b), (c) or (d) above has control of or more than 20% of its equity or voting rights (excluding treasury shares) in general meeting (those listed in (a) through (e) collectively being referred to as "**Designated Persons**").

Prohibited Periods

A Designated Person must not deal in any securities of Avino during a prohibited period. A "prohibited period" means:

- (a) any Blackout Period (as defined below);
- (b) any period when the Designated Person has reason to believe that the proposed dealing is in breach of this Policy.

The Corporate Secretary will inform all Designated Persons of additional Blackout Periods which may be prescribed from time to time by the Corporate Secretary as a result of special circumstances as further detailed below.

Written Record

A written record must be maintained by Avino of the receipt of any advice received by any Designated Persons regarding this Policy, and of insider trading reports filed. Written confirmation from Avino that such advice has been recorded must be given to the Designated Person concerned.

Trading Blackout Periods

Certain circumstances will give rise to periods of time (a “Blackout Period”) during which no trading of securities is to take place by Designated Persons who are routinely (or under special circumstances) are in possession of undisclosed material information concerning Avino (“Restricted Persons”). The imposition of a Blackout Period on such Restricted Persons may be determined and announced by the Corporate Secretary. A Blackout Period may also be declared by the Corporate Secretary on Restricted Persons pending the announcement of any material undisclosed development affecting Avino or following the crystallization of a material transaction involving Avino. Blackout Periods shall remain in effect until the end of the next business day following release of the material information concerned. In declaring a Blackout Period, the Corporate Secretary may stipulate whether any particular class of Restricted Person is to be fully or partially excused from the application of the Blackout Period, and the Corporate Secretary may determine whether or not any particular reason is to be given for the imposition of a Blackout Period. The fact of the imposition of a trading Blackout Period is in itself material undisclosed information, and should not be disclosed or discussed with anyone.

Designated Persons involved in the negotiation of material transactions for Avino will be held to a higher standard than other Restricted Persons as a result of their more intimate knowledge of a particular transaction. Accordingly, such persons should cease trading in Avino’s securities when any material transaction comes under serious negotiation, rather than upon the imposition of a Blackout Period. If any ambiguity exists as to whether or when a transaction has come under “serious negotiation”, the matter should be discussed with Avino’s legal counsel. Breaches of this Policy may constitute violation of securities laws and can cause acute public embarrassment to Avino. If Avino discovers that a Designated Person has violated applicable securities laws, it will refer the matter to the appropriate regulatory authorities. Disciplinary action may be brought against a Designated Person who violates this Policy, which could result in termination of any position, office or employment with Avino.

Exercising Options and Other Convertible Securities

Designated Persons may not, under any circumstances, exercise any option or right under a share plan, convert a convertible security, or sell the underlying shares during a regularly scheduled or other Blackout Period, as these all constitute securities of Avino. This is true even where the relevant right to acquire or convert such securities lapses or expires during a Blackout Period.

This prohibition is absolute, but should you wish to discuss whether you can dispose of such interests pursuant to the hardship exception (set out below), please contact the Corporate Secretary.

Hardship Exceptions

Avino recognizes that on rare occasions circumstances may arise when the prohibition on trading during a Blackout Period will result in severe personal hardship due to an unforeseen or unexpected personal situation. In such circumstances the Corporate Secretary is permitted, in his/her discretion, to make exceptions to permit selling (but not purchasing) by a Designated Person during a Blackout Period, provided that the Designated Person has provided particulars of the circumstances giving rise to hardship and has certified in writing no earlier than two business days prior to the proposed trade that he or she is not in possession of unpublished price-sensitive information. In addition, prior to granting permission to sell under this hardship exception, the Corporate Secretary shall:

- (a) consult Avino's Chief Executive Officer; and
- (b) obtain the approval of any relevant Canadian securities authority, if required.

Please contact the Corporate Secretary should a situation of this nature arise.

No Speculating

Purchases of securities of Avino by Designated Persons should be for investment purposes only and not short-term speculation. This includes all dealings in puts and calls, all short sales and all buying or selling on the market with the intention of quickly re-selling or buying back at a profit. For the avoidance of doubt, Designated Persons are prohibited from short selling Avino's securities at any time. In addition there should be no trading in securities of other companies with the knowledge that Avino is contemplating or engaged in acquiring such company or its securities or negotiating significant business arrangements. As a result, Avino strongly urges Designated Persons to consider operating a margin account only where there will not be a risk of being put in such a difficult situation.

Discretionary Account

If any Designated Person has a discretionary account with a broker or other investment manager (i.e. the broker or other investment manager has a certain amount of discretion to buy and sell stock), the Designated Person must advise the broker or other investment manager in writing that there are to be no purchases or sales of Avino shares in the discretionary account without first discussing it with such Designated Person in order to ensure compliance with this Policy and applicable insider trading laws.

Securities of Other Companies

In the course of Avino's business, Designated Persons may obtain information about another publicly traded company that has not been generally disclosed. Securities laws generally prohibit trading in securities of that company while in possession of such information or communicating such information to another person. The restrictions set out in this Policy apply to all Designated Persons with respect to both trading in the securities of another company while in possession of such information, and communicating such information.

Any trades in securities beneficially owned, or over which control is exercised, by a Designated Person is subject to this Policy. For the purpose of this Policy, all references to trading in securities of Avino is deemed to include: (i) the exercise of stock options granted under Avino's stock option plan and any other shares acquired pursuant to any Avino benefit plan or arrangement; and (ii) any derivatives-based, monetization, non-recourse loan or similar arrangement that changes a Designated Person's economic exposure to or interest in securities of Avino and which may not necessarily involve a sale, or any other transaction or arrangement that is required to be reported by an insider in accordance with the Canadian Securities Administrator's Staff Notice 55-312 – *Insider Reporting Guidelines for Certain Derivative Transactions (Equity Monetization)*.

No Tipping

Unpublished price-sensitive information is to be kept strictly confidential at all times until it has been generally announced to the public. Unpublished price-sensitive information is not considered to have been generally announced until at least the next trading day has elapsed after the date that the disclosure is made by press release. Designated Persons must not pass on such information to others except as strictly necessary in the normal course of business and then only in circumstances where the recipient has agreed to keep such information confidential. It is an offence to encourage insider dealing and to disclose inside information with a view to others profiting from it.

Insider Filings

Insiders are reminded of the importance of maintaining up-to-date filing of their trades with the appropriate authorities.

Canadian regulatory authorities have implemented the System for Electronic Disclosure by Insiders ("**SEDI**"). SEDI facilitates the filing and public dissemination of "insider reports" in electronic format via the Internet. Insiders who are required by Canadian securities laws to file insider reports must use this website to make these filings. Generally, insider reports must be filed within five days of the date on which the trade occurs.

The onus for complying with the insider filing requirements remains with the individual.

Automatic Plans

Blackout Periods will normally not be applicable when the Designated Person has entered into a binding commitment prior to Avino being in such a Blackout Period where it was not reasonably foreseeable at the time such commitment was made that a Blackout Period was likely and provided that the commitment was publicly disclosed through prescribed channels at the time it was made. In order that such a "commitment" be "binding", it must be obligatory for all parties to the agreement at a price agreed or which can be objectively determined. Commitments of this nature include automatic securities purchase plans, dividend reinvestment plans and automatic pre-arranged sales plans structured in compliance with applicable securities laws. It should be noted that insider reporting obligations under Canadian law apply in respect to these plans subject to certain exemptions.

Confidentiality

In the course of conducting business Designated Persons will be in possession of information which may be of a market sensitive nature. Access to such information must be limited strictly to those persons who require it in order to perform the duties expected of them. Precautions must be adopted by each Insider to ensure that sensitive information within their department is not available or accessible to individuals inside or outside of Avino who have no requirement for such information.

Civil and Criminal Penalties

If a Designated Person is found to have breached applicable Canadian securities laws by insider trading or tipping, Avino and the Designated Person may be held liable. There are severe civil, criminal and quasi-criminal sanctions and penalties that may be imposed under such laws, including fines, damages and/or incarceration.

In addition to these penalties, regulators may seek other relief such as an injunction against future violations and prohibitions against an individual from acting as a director or officer.

Each Designated Person who violates the prohibitions against insider trading, or knows of such violation by any other persons, must report the violation immediately to the Corporate Secretary.

Modifications and Waivers

Avino reserves the right to amend or modify the policies and procedures set forth herein at any time. Waiver of the provision of these policies and procedures in a specific instance may be authorized in writing only by the Corporate Secretary (or his/her designee).

Inquiries

If a Designated Person has any question as to any of the matters discussed herein, in particular as to whether a proposed action will be within the scope of "trading" as used within this Policy or falls within a Blackout Period, he or she should not hesitate to ask for advice and should not act until he or she has received an answer. Requests for advice should be directed to the Corporate Secretary.

Please sign and return the Acknowledgment of Receipt of the Insider Trading Policy set out in Appendix 1.

The foregoing has been drawn up with a view to making you aware of, but does not precisely reproduce, actual legal requirements under the laws of Canada which are more complex. While no single rule could possibly cover all situations, a good rule to follow at all times is: CAREFULLY AVOID ANY TRADING OR DISCLOSURE (TIPPING) WHICH MIGHT BE, OR APPEAR TO BE, UNFAIR TO PUBLIC INVESTORS.

WHEN IN DOUBT AS TO WHETHER ANY TRADE MIGHT CONTRAVENE THIS POLICY OR APPLICABLE STOCK EXCHANGES' RULES, YOU SHOULD ALWAYS SEEK ADVICE FROM LEGAL COUNSEL.

Effective Date

This Policy was approved and adopted by the Board of Directors of Avino with immediate effect on February 14, 2017.

APPENDIX 1

ACKNOWLEDGMENT OF RECEIPT OF INSIDER TRADING POLICY

Date: _____

To: Corporate Secretary

I have received and read the Insider Trading Policy of Avino Silver & Gold Mines Ltd., to which the above heading refers and confirm that I will comply with it.

SIGNED: _____

NAME: _____