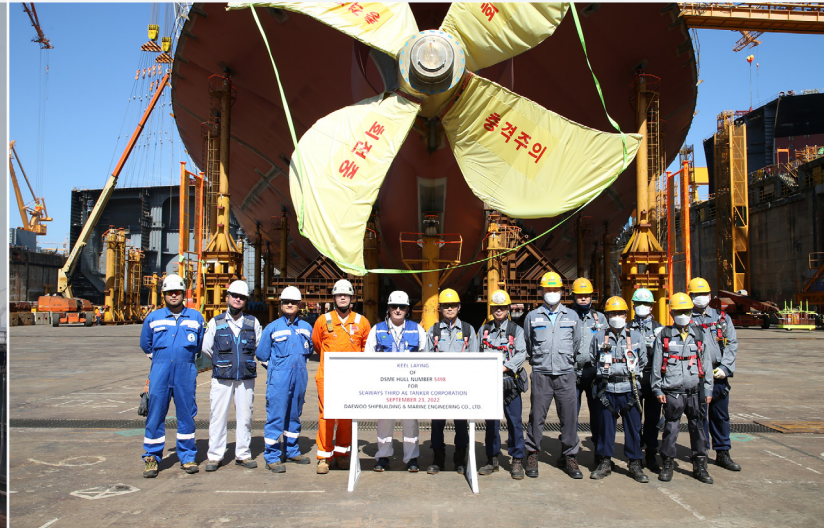




International
Seaways

Environmental, Social & Governance Disclosure 2022





International Seaways, Inc. is a leading tanker company specializing in energy transportation for crude oil and petroleum products across international markets. The company's fleet includes 74 vessels, featuring 10 VLCCs, 13 Suezmaxes, 5 Aframax/LR2s, 8 LR1s, and 38 MR tankers.

Headquartered in New York City, NY, and with team members in Houston, Newcastle, Mumbai, Singapore, and Athens, International Seaways has a strong global presence and proudly trades on the New York Stock Exchange (NYSE) under the ticker symbol "INSW."

Since becoming a public company in 2016, International Seaways has achieved remarkable growth, executing strategic initiatives to expand its size, scale, and industry position as one of the largest tanker companies worldwide. The company's track record of profitable performance supports the future of our business and provides for opportunistic and well-timed growth moving forward.

International Seaways serves a diverse customer base, which includes oil majors, traders, and refiners. The company offers a range of transportation services across a variety of platforms in the spot market or over longer-term time charters. Additionally, International Seaways provides value-added services like cargo handling to ensure unparalleled support for its customers.

At International Seaways, our dedicated teams are committed to delivering the highest levels of service and efficiency, with a strong focus on safety and environmental sustainability.

As a leader in the global tanker market, International Seaways remains well positioned for future growth. The company's commitment to customer satisfaction and operational excellence sets it apart, ensuring continued service and efficiency. With its clear vision for a prosperous future, International Seaways helps to shape the maritime industry and makes a positive impact on energy transportation worldwide.



About Us

Introduction



1,736
Shipboard Employees
As of 31 Dec 2022
(TR-MT-000.A)



74
Owned and Operated Vessels¹
58 Owned as of 31 Dec 2022
(TR-MT-000.E)



6
Shoreside Locations
Worldwide



8,660,019 MT
Deadweight Tonnage
Owned and SLB Vessels
(TR-MT-000.D)



4,065,049
Total Nautical Miles Travelled
Owned and SLB Vessels
(TR-MT-000.B)



30,677
Operating Days
All Vessels
(TR-MT-000.C)

¹ The vessel count includes owned and operated vessels, but excludes vessels where the duration of the charter was one year or less at commencement of the charter.

The world experienced profound changes in 2022. Geopolitical conflicts, economic stresses and shifting regulatory landscapes impacted our operations. Throughout, we remained resolute – focused on our unwavering vision: the safe and reliable transportation of energy.

Our dedication to exceptional diligence, environmental compliance, and our people has allowed us to navigate through the tides of unexpected change, not only maintaining a steadfast course, but thriving amid adversity.

International Seaways' fourth annual ESG report showcases our sustainability journey, highlighting our commitment to environmental, social, and governance principles. These reports document our progress and serve to advance our commitment to transparency and demonstrate our dedication to supporting the well-being of our people while reducing environmental impacts.

We are proud to be a leader in the industry. By actively pursuing diverse pathways for sustainable growth, embracing innovation, and driving forward technological advancements, we have continued to both create value for shareholders and make positive changes for our stakeholders.

ESG continues to be at the forefront of our daily operations. The strength of our established ESG principles has allowed us to adapt to significant disruptions. The conflict in Ukraine, restoring safe in-office work despite lingering pandemic effects, and the herculean task of completing the integration of our fleet post-merger meant that 2022 was a year like no other. We are proud that, during a time of substantial upheaval, we continued to perform in a manner consistent with our high standards.

We are in line with our established, climate-aligned trajectories, as stated in our Key Metrics at the end of this report, and we continue to increase our efforts on operational improvement to remain on this path. Specifically, a focus on improving hull and engine performance and the ongoing implementation of other performance improvement efforts in the existing fleet had a strong impact on our efficiency metrics. In early 2023, we took delivery of our three newbuild dual-fuel LNG VLCC tankers, which are well-suited to adhere to the environmental regulation throughout their life. We also view enhanced education at all levels of the organization on environmental awareness and sustainability as a core part of our strategy to stay ahead for years to come.

As the regulatory landscape evolves, we continue to develop a strong governance structure that complements our approach to managing and mitigating negative environmental impacts. We have always been an advocate for enhancing diversity in the industry: not only is it the right thing to do, but it drives strong commercial success. By creating an environment where women can succeed, we double the talent pool, meaning we always can work with the best.

We operate in an ever-changing world. To engage with evolving challenges to operations and our business we must continue to invest heavily in company-wide education across all facets of ESG. It is a priority to proactively develop a comprehensive "**PASSAGE PLAN**" for the many potential outcomes of environmental regulations and the decarbonization landscape, empowering us to respond and succeed in any eventuality. We are "**ALL ABOARD**" with industry collaboration and participate in initiatives that foster partnerships within our organization and with external stakeholders to ensure collective engagement. Our governance structures are sound and secure meaning that we will "**STAY THE COURSE**" no matter what challenges we face.



Key Achievements

- Achieved year-on-year reductions in gross emissions.
- Reported our Scope 2 emissions for the first time, demonstrating transparency and accountability.
- Maintained alignment with established emissions trajectories, showcasing a clear four-year downward trend in carbon intensity.
- Implemented operational improvements dedicated to reducing emissions, contributing to a more sustainable operation.
- Collaborated with commercial partners to further reduce carbon intensity, encouraging industry-wide environmental progress.
- Prepared for the delivery of our newbuild dual fuel VLCCs in 2023, prioritizing the safety and efficiency training of our seafarers to operate these ships.
- Proactively monitored the regulatory landscape to adapt to evolving environmental requirements.
- Expanded our active involvement in industry groups aimed at raising environmental and social standards across the maritime sector.
- Served on the steering committee of the All Aboard Alliance, a cross-industry initiative promoting diversity, equity, and inclusion across the shipping industry, with a particular focus on enhancing opportunities at sea.

"ESG is not just a measure of success; it's our compass, guiding our business towards a sustainable future for both people and planet!"

– William Nugent, Chief Technical and Sustainability Officer

A Message from Our CEO



Lois Zabrocky
President and CEO

Dear stakeholders and partners,

I am honored to address you as the President and CEO of International Seaways, a company whose roots in the tanker industry run deep. My passion for our industry and our people has been a guiding light through three decades, from my early days sailing as a third mate on a chemical tanker, to leading Seaways on a path of historic exponential growth.

Throughout our journey, we have faced numerous challenges and opportunities. 2022 did not break that trend: the global community experienced a profound upheaval with Russia's invasion of Ukraine. This tragic event has resulted in an immense loss of life and continues to have significant impact on the global economy. The invasion triggered a widespread humanitarian and energy crisis, and inflation gripped economies worldwide, raising concerns about the possibility of a recession.

As we operate in these turbulent circumstances, our priority is remaining a fair and decent employer focused on providing a safe and welcoming working environment.

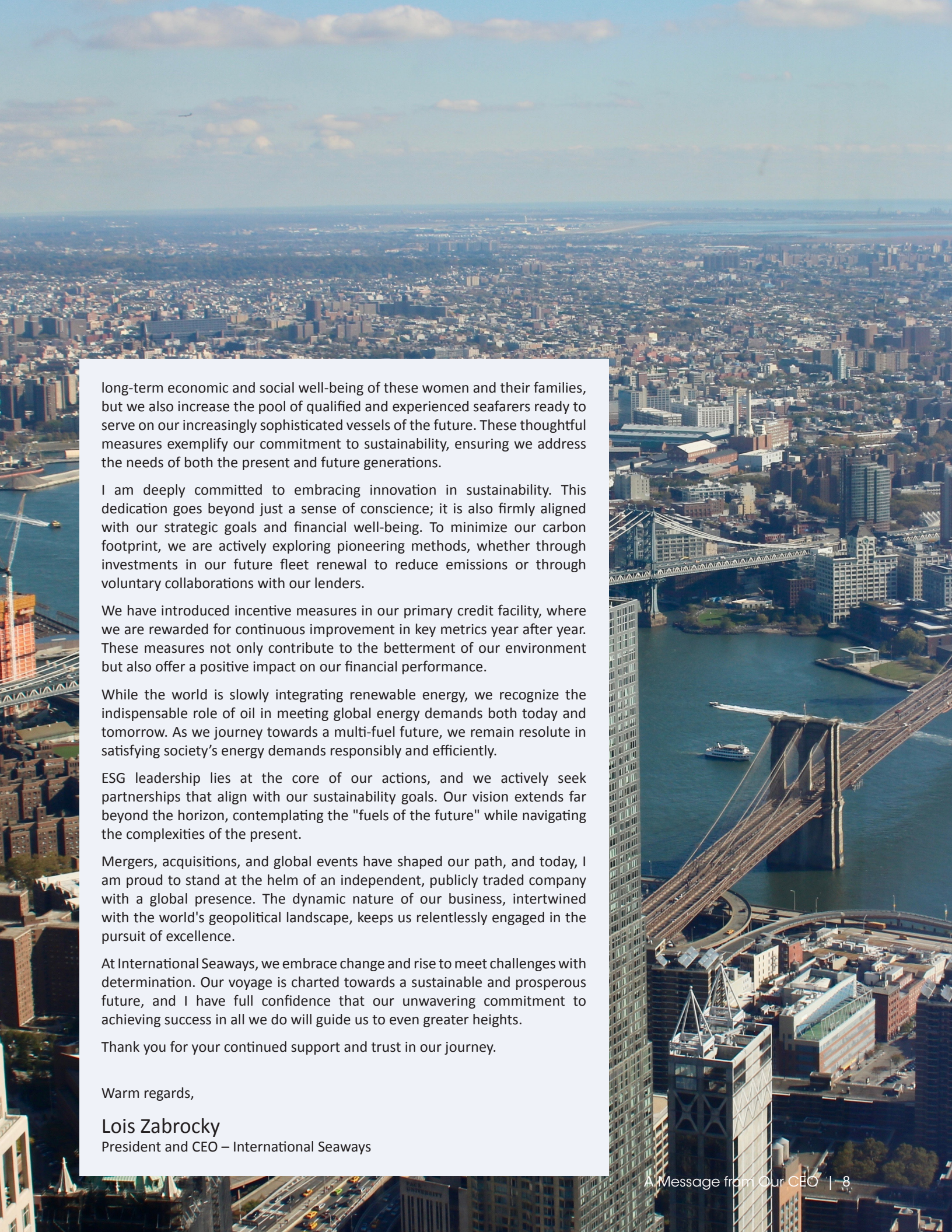
Our focus in 2022 was ensuring the safety and well-being of our seafarers, while meeting the needs of our customers, and fulfilling our moral duty with respect to the conflict in Ukraine. I am proud to be part of an organization which can adapt so quickly and effectively to rapid disturbances and prepare for new regulatory regimes, all while maintaining efficient business operations.

I am proud to say we delivered. I owe a debt to my colleagues: it's a privilege to work with such motivated and excellent people.

Last year, we described sustainability as a transformative journey that begins with a compliance culture, evolves into a heightened awareness of sustainability's impacts and benefits to our business and the world, and ultimately culminates in integrating sustainability into our decision-making process.

In our pursuit of sustainability, it is our responsibility as an organization to ensure that everyone is actively engaged, from our Board of Directors, onshore team, and our seafarers. We prioritize the safety and resilience, both physically and mentally, of our seafarers and shore staff, and we provide clear pathways for personal and professional growth. Our aim is to cultivate a work environment that inspires others to join us in fulfilling our mission.

It is our strong belief that addressing ESG-related risks is not only beneficial for the world, but beneficial for our business. As a case in point, as we work towards creating a more supportive environment that fosters safe and successful opportunities for women onboard our vessels, we not only contribute to the

An aerial photograph of New York City, showing the dense urban landscape of Manhattan. The Manhattan Bridge is prominent in the foreground, spanning the East River. The city extends to the horizon under a clear blue sky with some light clouds. The water of the East River is visible, with a few boats and a bridge structure in the distance.

long-term economic and social well-being of these women and their families, but we also increase the pool of qualified and experienced seafarers ready to serve on our increasingly sophisticated vessels of the future. These thoughtful measures exemplify our commitment to sustainability, ensuring we address the needs of both the present and future generations.

I am deeply committed to embracing innovation in sustainability. This dedication goes beyond just a sense of conscience; it is also firmly aligned with our strategic goals and financial well-being. To minimize our carbon footprint, we are actively exploring pioneering methods, whether through investments in our future fleet renewal to reduce emissions or through voluntary collaborations with our lenders.

We have introduced incentive measures in our primary credit facility, where we are rewarded for continuous improvement in key metrics year after year. These measures not only contribute to the betterment of our environment but also offer a positive impact on our financial performance.

While the world is slowly integrating renewable energy, we recognize the indispensable role of oil in meeting global energy demands both today and tomorrow. As we journey towards a multi-fuel future, we remain resolute in satisfying society's energy demands responsibly and efficiently.

ESG leadership lies at the core of our actions, and we actively seek partnerships that align with our sustainability goals. Our vision extends far beyond the horizon, contemplating the "fuels of the future" while navigating the complexities of the present.

Mergers, acquisitions, and global events have shaped our path, and today, I am proud to stand at the helm of an independent, publicly traded company with a global presence. The dynamic nature of our business, intertwined with the world's geopolitical landscape, keeps us relentlessly engaged in the pursuit of excellence.

At International Seaways, we embrace change and rise to meet challenges with determination. Our voyage is charted towards a sustainable and prosperous future, and I have full confidence that our unwavering commitment to achieving success in all we do will guide us to even greater heights.

Thank you for your continued support and trust in our journey.

Warm regards,

Lois Zabrocky

President and CEO – International Seaways

Goals & Ambitions

At International Seaways, sustainability is defined as meeting the needs of the present generation without compromising those of future generations, while simultaneously balancing economic growth, environmental stewardship, and social well-being. In today's era of rapid economic development and resource depletion, it is imperative to adopt a comprehensive approach that carefully considers the long-term consequences of our actions. This is the chart that guides our sustainability journey.

Our definition underscores the interconnectedness of economic progress, environmental care, and social equity, emphasizing the need for sustainable practices that drive economic growth while safeguarding the environment and promoting social inclusivity. By recognizing and embracing this balance, we are paving the way for a more resilient and equitable business and society.

Decarbonization, performance improvement, diversity, equity, and inclusion are among our firm priorities as we work towards building a sustainable business. We have undertaken various projects at all levels of our organization, involving the Board, senior management, staff, and seafarers, to deepen our understanding of the benefits and impacts of sustainable practices.

In our previous ESG reports, we articulated our ambition to foster a sustainability culture throughout our organization. This is more than mere rhetoric. We recognize that ESG and sustainability management are crucial aspects of risk management, and we have a duty to our stakeholders to disclose and mitigate risk. Our day-to-day decisions not only solve the problems of today but help protect against the risks of the future.

Over the past four years, we have achieved strong progress. We have set baselines, collaborated with partners to assess our organization, and identified areas for enhancement. We take pride in our initiatives, highly motivated teams, and a strong organizational culture. Our environmental performance has consistently improved, and we have expanded our fleet and pool of seafarers while maintaining excellent safety standards. The commitment and support from our Board reinforce our principles from the top.

Throughout 2022, our entire International Seaways team, at all levels of operation and management, familiarized themselves with our commitment to sustainability principles. This deepened understanding encourages a collective effort towards a sustainable future, with positive implications for our employees, investors, partners, and the broader community. We actively engage with our valued partners to analyze any existing gaps in our processes, collaboratively identifying areas where positive change can be maximized within our operations.





By formalizing and disseminating our sustainability narrative, we are not just making a symbolic gesture; we are putting ourselves forward as sustainability leaders. This significant endeavor requires unwavering dedication and a united effort. As we grow our sustainable business, we will work towards supporting the planet's needs, and setting an example for others to follow.

Our ambition to instill a sustainability culture within our organization remains steadfast. To keep moving us towards our ambitions, we will:

- Assign responsibility for our sustainability efforts within our executive leadership team.
- Assess and describe the decarbonization pathways of our fleet, both as individual ships and as a whole.
- Continue striving to meet carbon intensity and safety targets in our sustainability-linked financing and demonstrate our commitment by achieving Green Spend targets.
- Initiate the process of assessing our climate risk by developing assessments aligned with the Task Force on Climate-related Financial Disclosures (TCFD).
- Actively participate in initiatives with industry-wide impact, such as Together in Safety and Global Maritime Forum's All Aboard Alliance.
- Work towards improving our year-on-year safety performance.
- Expand our Scope 2 disclosure, as established in this report.
- Report our progress in our 2023 Sustainability Report.

Environmental: Passage Planning

Our environmental journey is guided by a structured approach, just like a passage plan is created before a ship sets sail. In 2022, we focused on education and preparation to comply with emerging environmental regulations and to be ready to embrace new technologies in the maritime space.

Regulatory Alignment and Monitoring

We prepared ourselves for the 2023 start date of the IMO's Energy Efficiency Design Index for Existing Vessels (EEXI), enhanced Ship Energy Efficiency Management Plan (SEEMP), and Carbon Intensity Indicator (CII) regulations. We identified the necessary actions for compliance, such as installing engine power limiters (EPL) and creating EEXI Technical Files for our fleet. We coordinated with our technical managers to implement these measures, ensuring that every vessel will be EEXI-compliant by its first survey in 2023. Embracing EEXI demonstrates our commitment to reducing GHG emissions and mitigating climate change risks.

A key priority in our definition of sustainability is to facilitate today's demands while preparing for tomorrow's needs. To identify risks associated with the adoption of EEXI regulations, we conducted an internal study and determined that implementing EEXI will not significantly impact our fleet's operation and trading behavior. Embracing environmental sustainability empowers us to optimize operations, unlock new opportunities, and create a more resilient path forward.

CII presents greater complexity, requiring continuous analysis, education, and monitoring. To establish our foundational CII approach, we collaborated closely with external partners, including technical and commercial pool managers. We conducted educational sessions and integrated our understanding of CII into contractual clauses, enabling us to navigate the regulatory landscape effectively.

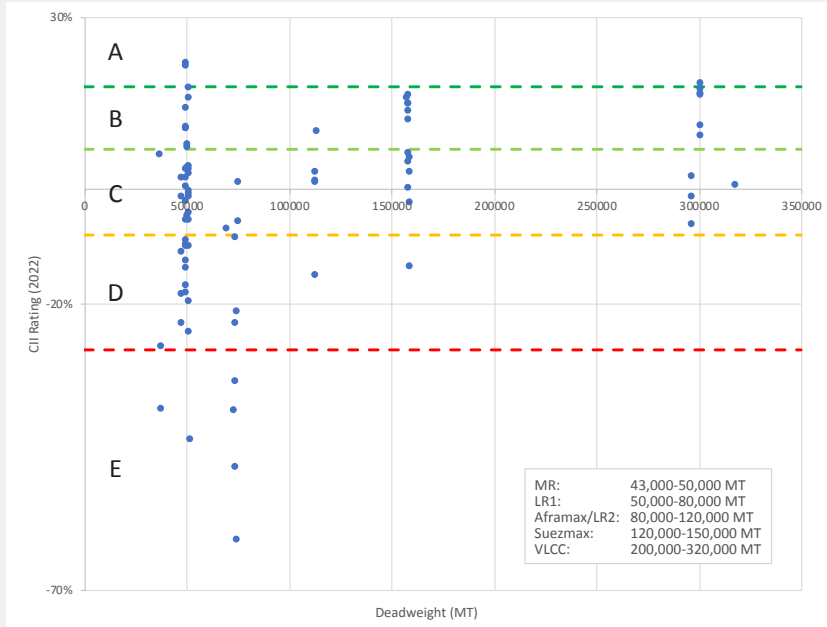
We were also proactive in preparing for regional emissions regulations like the EU's "Fit for 55" package and the inclusion of shipping in the EU's Emission Trading Scheme (ETS).

In 2023, the global shipping industry began monitoring Carbon Intensity Indicator, or CII. The first CII ratings will be published in 2024. We are preparing for CII's entry into force, and in 2022 we began monitoring preliminary CII ratings and understanding what factors influence CII.



Our commitment to improving environmental performance is reflected in our ongoing efforts to analyze and enhance the CII ratings of our fleet. While not required, in alignment with our commitment to transparency we have decided to voluntarily publish our preliminary CII ratings based on 2022 boundaries. Note that these values are not official, since the rating system first applies to ship performance from 2023.

Preliminary CII Distribution of Fleet, Based on 2022 Ratings



The CII values are equal to the fleet's AER values, and as the regulations continue to evolve, the CII calculation will as well, incorporating various voyage and consumption exemptions. These ratings could also change dramatically in future years due to pending planned improvements and commercial activity. In future reports, we will continue to publish our CII trajectory and outline our enhancement strategies.

Although preparing for evolving regulatory frameworks is a core part of our strategy, it is imperative that we maintain our focus on optimizing the efficiency of our existing fleet. We understand that fuel savings not only yield substantial environmental benefits but also have a positive impact on our overall business performance regardless of any regulations. By prioritizing efficiency, we seek a greener and more profitable future for our company.

To enhance energy efficiency, we established a performance team who reviews fleet performance trends, enabling us to optimize vessel operations in line with best practices and within the structure of charter party agreements. We invested in energy-saving technologies, such as Mewis ducts, and constructed three LNG-burning dual-fuel VLCCs, demonstrating our commitment to sustainability.

Our environmental stewardship extends beyond vessel decarbonization. We also actively engage in ecological protection measures, such as ballast water treatment and hull cleaning programs, to counteract and prevent fouling impacts.

Efficiency



GHG Management

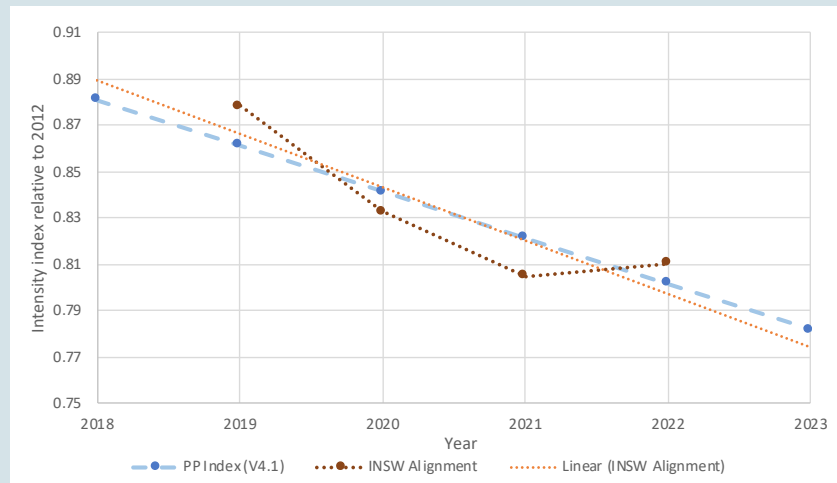
We achieved significant reductions in total pollutant emissions and fleet energy consumption, positioning ourselves in line with IMO's long-term emissions ambitions. While our alignment with the Poseidon Principles' AER trajectory fell slightly short in 2022, our four-year performance demonstrates continued improvement.

Our environmental performance remains a top priority as we address climate change risks and opportunities. We actively control and reduce our solid and liquid waste streams while striving to educate all stakeholders about the proactive steps we are taking to minimize our impact on the environment. Notably, compared to 2021, we achieved a remarkable 13% reduction in both CO₂ emissions and fleet energy consumption, positioning ourselves in alignment with IMO's long-term targets.

Despite our positive achievements, we recognize that the journey to environmental compliance can be challenging, like any sea journey where currents and winds may momentarily push us off course.

Our alignment with the Poseidon Principles' AER trajectory fell slightly short of our previous three-year improvement trend, resulting in a fleet Ship Sustainability Index (SSI)² of 1.01. However, over the past four years, our performance has steadily improved at a rate exceeding that of the Poseidon Principles. We remain committed to analyzing our performance and making necessary course corrections to ensure we approach our final destination—a fleet aligned with long-term global decarbonization targets.

Progression with Poseidon Principles (V4.1) Targets



Our fleetwide alignment with the Energy Efficiency Operational Indicator (EEOI) targets, outlined in the Sea Cargo Charter, improved year-on-year from 1.04 to 1.02. Although we are not formal signatories to the Sea Cargo Charter, our customers request this data, and we provide it, indicating our transparency and commitment to environmental progress.

We recognize that both AER and EEOI metrics are influenced by voyage decisions and technical performance changes. In 2022, some vessels experienced anomalous operational behavior from rough weather, delays to cargo discharge, or preparing for recycling procedures under the Hong Kong Convention, impacting their environmental performance metrics. Year-on-year changes to speed and utilization also contributed to the level of climate alignment. However, we continue to prioritize efficiency improvements during drydockings, which contribute to enhanced energy efficiency.

As we navigate the complexities of reconciling commercial benefits with environmental goals, we understand the importance of an integrated approach to effective decarbonization. Our dedicated focus on energy efficiency led to lower absolute emissions in 2022 compared to the previous year, ensuring we generally remain on track to meet the progressively tightening IMO emissions targets.

Decarbonizing our fleet remains at the forefront of our strategy as we continue to grow and expand. Beyond its positive impact on the environment, prioritizing energy efficiency also offers significant financial benefits, including operational flexibility and reduced fuel costs.

The Start of Our Scope 2 Emissions Journey

We recognize that the vast majority of our emission footprint comes from vessel operations. However, we understand we must look at decarbonization across our entire organization. Our corporate level decarbonization strategy considers our whole footprint. We have begun recording relevant data in order to set reduction targets and minimize our whole environmental impact.

This report marks our first disclosure of Scope 2 emissions, which cover purchased energy, heat, cooling, and/or steam in our business locations. Our internal analysis follows the method laid out in the Greenhouse Gas Protocol. However, various limitations in data collection meant that our calculation is not all-encompassing and relies on some assumptions. While this year's value does not completely cover our Scope 2 impact, it is a first step in this direction. The following limitations and assumptions are incorporated into the calculation:

- Two business locations were initially considered: INSW's NYC headquarters and Lightering, LLC's Houston office. However, while we were able to obtain energy use data for the New York office, we were unable to do so for the Houston location. Therefore, the 2022 Scope 2 value only incorporates the NYC office space.
- The utility bills sourced for consumption data display energy use per month-long period, but do not start and end each month. For example, there is not a display of consumption for the month of January, but there is for the period between December 17th and January 19th as well as the period between January 19th and February 18th. For this reason, the cut-off dates for 2022 energy usage were estimated by adding half of the December-January values at the start and end of the year.
- The Greenhouse Gas Protocol mandates that two methods of calculation are used: market-based and location-based, with different conversion factors for each method. We used the US eGRID New York City 2022 factors for the location-based method but were unable to source the information to complete a market-based calculation.

² The Ship Sustainability Index is the ratio of AER to the Poseidon Principles target, or the EEOI to the Sea Cargo Charter target. For more information on these metrics, refer to the explainer in our 2020 ESG Report.

Fleet Enhancement

We have achieved a significant milestone in our environmental journey by constructing three LNG-burning dual-fuel VLCCs. To ensure a seamless transition, we took proactive steps in 2022, providing comprehensive training to our senior management, shoreside staff, and seafarers on the safe and efficient use of LNG as a marine fuel. These initiatives underscore our unwavering commitment to embracing cleaner technologies and equipping our teams with the necessary knowledge to operate these vessels safely and sustainably.

As pandemic restrictions eased, we capitalized on the opportunity to make on-site visits to the Daewoo Shipbuilding & Marine Engineering (DSME) yard in South Korea, working closely with our onsite team to monitor the construction progress of these groundbreaking vessels. Furthermore, we collaborated with industry experts in Florida to better prepare ourselves for LNG bunkering processes.

Our strategic investments showcase our firm resolve to be a leader in shaping a greener and more responsible future for the maritime sector. Our efforts ensured that we were fully prepared to take delivery of these vessels, equipped with the most technologically mature low-carbon fuel available today. This not only aligns us with environmental best practices but also informs our stakeholders of our efforts to drive positive change in the industry.

Environmental Protection

Our commitment to environmental protection goes beyond vessel decarbonization. We take a combined approach, actively engaging in ecological protection measures. Throughout 2022, we continued our ballast water treatment system compliance journey, installing the required systems across our fleet. Additionally, we established a formalized hull cleaning program, incorporating technical recommendations from the performance team and business considerations from the commercial team. This program enables us to counteract and prevent fouling impacts on our ships and the environment, further showcasing our environmental responsibility.

Collaborative Environmental Initiatives in 2022

DNV Decarbonization Strategy – In 2022, we partnered with DNV on a project to provide International Seaways with a solid understanding of our decarbonization options, both now and in the near future. This high-level project involved members across the entire Seaways organization, both onshore and at-sea, as well as groups that are integral to our operation, such as technical managers and pool managers. The findings of this project continue to inform our long-term strategy, including S&P through the fleet, the timeline of energy efficiency improvements, and a resilience plan for the overall fleet as regulations tighten.

MARAD/Life Cycle Engineering Carbon Capture Project – We joined a project run by MARAD and Life Cycle Engineering as participating Stakeholders. This project studies the back-end use of the fuel cycle on ships and incorporates International Seaways’ vessel data. The findings will focus on the techno-economic feasibility of after-engine exhaust carbon capture.

Nordic West Office Maritime Transition Scenarios – We participated with a host of industry members in a thinktank led by Nordic West Office. The group analyzed three decarbonization scenarios from Shell and applied them to the maritime industry. The discussions contributed to a report offering decarbonization recommendations for the maritime sector.



U.S. Department of Transportation

Maritime Administration



/ NORDIC WEST OFFICE

Key Principles

Environmental Approach

We are committed to leading the way in environmental stewardship and sustainability practices. As a NYSE-listed company, we believe we have a responsibility to protect the environment and contribute positively to global efforts in combating climate change and preserving natural resources. We will align with the best practices in environmental management, continuously improving our processes, and setting an example for others in our industry.

Presented are the key principles that underpin our sustainability strategy. These values have long been ingrained within our organizational culture and we will continue to strive to meet these standards in the future.

Compliance and Legal Obligations: We comply with environmental laws, regulations, and standards at the local, national, and international levels. Our operations will be conducted with appropriate consideration for environmental protection and minimizing our ecological footprint.

Climate Action: We are committed to reducing greenhouse gas emissions and transitioning towards a low-carbon economy. We will set targets for emission reduction and invest in energy-efficient and emission-reducing technologies. In 2023, in line with our strategy, we will establish and assess these targets and investments for emission reduction and their associated timelines by applying industry frameworks.

Resource Conservation: We work to minimize waste generation, promote recycling, and ensure efficient use of resources such as water, energy, and raw materials across all our operations. We will actively explore ways to improve resource efficiency and reduce environmental impact.

Biodiversity and Ecosystem Protection: We recognize the importance of marine biodiversity and healthy ecosystems for a sustainable future. We will adopt measures to protect and enhance biodiversity within our areas of influence and collaborate with relevant stakeholders.

Sustainable Supply Chain: We will work closely with our suppliers and partners to align where possible to similar environmental standards and practices. As we move forward on our sustainability journey, we plan to prioritize sourcing from suppliers who share our commitment to sustainability and environmental responsibility.

Innovation and Research: We invest in research and development of environmentally friendly technologies and sustainable practices to continuously improve our environmental performance. We also seek out and evaluate, and when appropriate, support initiatives and partnerships that promote innovation in sustainability.

Stakeholder Engagement: We engage with our employees, shareholders, customers, and other stakeholders to raise awareness about environmental issues and incorporate their feedback in our decision-making processes.

Reporting and Transparency: We provide regular updates on our environmental performance, goals, and achievements to our stakeholders. Transparency is a cornerstone of our communication, showcasing our dedication to environmental responsibility.

Emergency Preparedness: We develop, implement, test, and train emergency response plans to handle environmental incidents effectively and efficiently. Our teams are trained to respond to potential environmental risks promptly.

Continuous Improvement: We establish performance indicators, conduct regular reviews, and carry out assessments to monitor our environmental progress. We proactively identify opportunities for improvement and take corrective actions as needed.

These principles reflect our commitment to being an industry leader for sustainability. We will strive to uphold and reinforce these principles at every level of our organization and communicate our commitments to all stakeholders. By aligning with best practices and continuously improving our environmental performance, we aim to contribute positively to a healthier and more sustainable future.

A Chat with our Performance and Commercial Managers

Amit Yadav and Michael LaGrassa, both managers at Seaways, discuss their roles and thoughts on the upcoming Carbon Intensity Indicator (CII) ratings for vessels. Amit has 14 years of sailing experience and is a Commercial Operations manager. Michael, with a diverse career, works on performance and new construction programs.

At Seaways, Amit's commercial operations team focuses on translating marine concerns to commercial aspects and optimizing vessel performance. Michael's performance team analyzes data for trends, aiding informed decisions for the technical and commercial groups. Their teams collaboratively address challenges like vessel efficiency and decarbonization.

What are some of the lessons you've taken from approaching the implementation of CII?

ML: *Reviewing vessels in anticipation of CII ratings revealed how extended port stays and poor hull cleaning worsen ratings. Brief periods like dry docks or warm water idling also affect future fuel use. Educating the organization, especially the commercial team, was vital. They grasped the influence of 2022 voyages on CII and acted on it. This highlighted the need to address negative consequences of poorly performing ships.*

Amit aligns with Michael's insights.

AY: *The performance team's thorough analysis provided an advantageous head start. They examined trading patterns' effect on CII ratings and noticed that high fuel consumption often linked to poor vessel performance. Consequently, our team reinforced time charter agreements with robust CII clauses and engaged the pools for CII awareness through regular meetings, leading to improved knowledge and education.*

Why is collaboration between your teams, and collaboration in general, important?

ML: *We are one company. We might be on opposite sides of the world, we might be talking about different ships, but we need to have one common message throughout our vessels. Our key message is consistency: operate vessels for peak efficiency. Safety and reliability matter for seamless trading. Our aim is efficient operations, emission reduction, continuous enhancement, and prioritizing everyone's well-being within the company.*

AY: *Michael's summed it up very nicely. On joining Seaways, I found their ESG focus impressive and feel genuinely proud of it. Collaboration comes naturally here, supported by senior managers who convey this ethos. The emphasis on a ship's ability to trade being contingent on safety and efficiency, as highlighted by Michael and repeatedly emphasized by Bill Nugent our Chief Technical and Sustainability Officer, demonstrates our forward-thinking approach. It's refreshing to witness such progressiveness in an age-old industry. This authentic collaboration stands as a remarkable trait of our company, one we should try our hardest to maintain.*



Amit Yadav
Operations Manager



Michael LaGrassa
Performance and
New Construction Manager

Social: All Aboard

"All Aboard" epitomizes International Seaways' commitment to inclusiveness, collaborative effort, and shared safety goals. In 2022, we dedicated our efforts to bolstering and supporting our diverse team both at sea and onshore, strengthening third-party partnerships, and actively participating in cross-industry initiatives centered around safety and diversity.

Throughout the year, we grew our shoreside workforce, becoming more culturally and gender diverse, enriching our organization with new experiences, and fostering creativity and innovation. As industry leaders, we made substantial commitments to industry forums, advocating for safety improvements and promoting diversity, equity, and inclusion.





Photo: International Seaways site team inspection at the DSME yard with the Seaways Enterprise

Safety, Quality, and Health remain at the core of all our operations. Guided by international standards and the expectations of our stakeholders, we prioritize safety both onshore and at sea. Our Lost Time Incident Ratio (LTIR) for 2022 stood at an impressive 0.49, well below the industry average of 1.65 published by Intertanko. We continuously strive for improvement, aiming to make our exceptional safety performance in 2021 the benchmark for future accomplishments.

There were no reported bribery or corruption charges, and zero serious marine incidents in 2022.

Our commitment to safety also extends to our continued response to COVID-19. In 2022, we implemented a phased approach to safely reintroduce in-office work, adopting a hybrid work schedule that takes into account collaboration, convenience, and work-life balance for our onshore employees.

Safety Quality and Health

SEAWAYS ENDEAVOR

24.
23.
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21.
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16.





Enhancing Community

Enhancing our community is fundamental to our policies and practices. We champion a work environment where all employees feel valued, equal, and free from all types of discrimination. Diversity is part of our corporate identity. Among our shipboard and shoreside employees, this is actively promoted at all levels, fostering an inclusive culture. Our Board reflects diversity and experience, with three women and one individual of Asian heritage among its members.

Creating and maintaining exemplary working conditions that align with labor and human rights standards forms the cornerstone of our commitment to attracting, nurturing, and retaining our employees for the long haul.

We recognize the need to address gender representation in our industry. While we take pride in the diverse range of nationalities represented among our seafarers, we acknowledge that our crews are almost entirely male. Unfortunately, this gender disparity is not unique to our company but prevalent across the broader shipping industry, as only 2% of the crewing population is female, the majority of whom sail in the cruise and leisure segments. As our industry evolves with the integration of new and advanced technologies each year, the demand for qualified and experienced seafarers continues to grow. We already face an ongoing challenge of a shortage in this skilled workforce. If we do not address this issue and find ways to increase the pool of eligible and competent seafarers, we can foresee a future where the industry may struggle to find crew to serve onboard ships.

We are committed to overcoming hurdles to women's career opportunities at sea, ensuring safety, and fostering an environment in which all people can thrive.

International Seaways takes great pride in being a founding member of the Global Maritime Forum's All Aboard Alliance, a transformative industry initiative aimed at fostering diversity and inclusivity both ashore and at sea. As part of this significant commitment, we actively participate in the Diversity@Sea project, a focused endeavor dedicated to enhancing career opportunities for women in the maritime industry.

Through collaborative workshops that included women seafarers from our fleet, the Diversity@Sea project has diligently identified various obstacles that need to be addressed within the industry. Ensuring the safety and well-being of women onboard is of paramount importance, and we are determined to provide a secure environment free from any form of sexual assault or harassment. In our pursuit of equality, we strive to offer equal access to training and development opportunities for all, breaking down barriers and promoting diversity.

Acknowledging the importance of addressing basic needs, we are committed to ensuring access to feminine hygiene products and properly fitted safety equipment for all crew members. Additionally, we recognize the significance of family and life choices in the lives of our employees, and we will work to create employment contracts and seniority programs that accommodate and support these aspects.

Photo: Lois Zabrocky, CEO; Randee E. Day, Director; and Zoraida Lebowitz, Paralegal and Executive Assistant, at the naming ceremony for the Seaways Endeavor and Seaways Enterprise

Collaborative Social Initiatives 2022

All Aboard Alliance – Supported by the Global Maritime Forum, Diversity Study Group, and Swiss Re, this organization, which International Seaways joined as a member in 2022, unites senior leaders throughout the maritime industry in a push towards increasing diversity, equity, and inclusion both at sea and onshore.

Diversity@Sea – This workstream of the All Aboard Alliance sets out to address the gender imbalance at sea by changing not only the number of women but also the conditions and culture onboard ships to be more inclusive for women seafarers.

Together in Safety – This non-regulatory industry consortium connects the maritime sector with the common purpose of working together to improve safety performance. In 2022, we joined the group's Steering Committee.



During the Ukrainian crisis, we have stood firm in our commitment to supporting impacted communities. We chose not to transport oil of Russian origin or trade in Russian ports. Furthermore, we extended support to those affected by the crisis in Ukraine, making a donation to GlobalGiving's Ukraine Crisis Relief Fund. For affected crew members, we provided assistance and support, recognizing the challenges they faced both at sea and in their homeland during this tumultuous time.

We have a small but significant number of Ukrainian crew members onboard our ships. As the crisis unfolded, those at sea endured being away from their families, while those at home faced travel restrictions due to the wartime situation. In these challenging circumstances, we are deeply committed to supporting our seafarers, although we understand that our efforts may provide only limited consolation.

During this time of need, we took decisive actions to assist our Ukrainian crew members who expressed a desire to sign off and return home. We provided financial support to facilitate their travel arrangements and offered additional donations to aid them and their families during this difficult period. Our dedication to the well-being of our crew extends beyond their duties onboard; we prioritize their safety, comfort, and emotional well-being during times of crisis.

While we recognize that our assistance may not fully alleviate the hardships they face, we remain steadfast in our commitment to stand by our seafarers and offer whatever support we can. Our thoughts are with them and their families, and we will continue to do everything possible to help them navigate through these challenging times.

Outreach

We are dedicated to upholding human rights as a fundamental value. Our policies strictly forbid any form of forced labor or child labor within our operations and supply chain. We ensure fair wages, equal opportunities, and a safe working environment for all our employees. We respect the rights and dignity of individuals regardless of their ethnicity, gender, religion, or nationality, such as indigenous communities, minority groups and women. Additionally, our company takes a zero-tolerance approach to any human rights violations and actively promotes awareness and adherence to these principles throughout our organization.

Human Rights

Engaging in bribery or corrupt practices is strictly prohibited. To reinforce this stance, all employees take part in anti-corruption training.

Anti-Corruption

Board of Directors



Timothy J. Bernlohr
Director



Captain Ian T. Blackley
Director



Alexandra K. Blankenship
Director



Randee E. Day
Director



David I. Greenberg
Director



Joseph Isaac Kronsberg
Director



Nadim Z. Qureshi
Director



Craig H. Stevenson, Jr.
Director



Douglas D. Wheat
Chairman of the Board



Lois K. Zabrocky
Director, President and CEO

Governance: Stay the Course

International Seaways is committed to fair business practices and upholds principles of transparency and open corporate governance. Our governance practices are resilient. They are the foundations of our past achievements and continue to underpin our operational success. These policies and practices have served us well and we will continue to follow and update them as needed. We will stay the course.

As a publicly traded company, we maintain a stringent framework of governance standards that we continuously adapt for best practices. We have a responsibility to our investors and the wider public to operate with integrity and transparency. Our corporate governance guidelines exemplify industry best practices, encompassing a broad spectrum of areas such as the roles and responsibilities of the Board and its committees, meticulous scrutiny of potential related party transactions, robust procedures for director selection and evaluation, and taking steps to foster effective collaboration between the Board and management.

Upholding regulatory compliance forms an integral part of our governance practices. The maritime industry functions within a comprehensive regulatory framework that encompasses a vast global network of regulations, spanning international, national, local, flag state, and classification society compliance requirements. At International Seaways, we endeavor not only to fulfill but also, whenever feasible, exceed the standards set by these regulations. We have consciously made the decision to go above and beyond industry mandates in certain areas, particularly in our environmental equipment and procedures, reflecting our core philosophy of pursuing excellence. To ensure alignment with expectations, it is crucial for the Board, management team, and employees of International Seaways to have a comprehensive understanding of how these regulations impact our operations.

Board and Management Practices

Commitment to Our Shareholders

We have always been focused on delivering value for all of our stakeholders, and our record earnings in 2022 demonstrate that our strategy has yielded significant results. As part of our commitment to act in the best interests of our stockholders, we implemented, and our stockholders ratified, a limited-duration shareholder rights plan in 2022. The shareholder rights plan is intended to enable all stockholders to realize the full potential value of their investment in International Seaways and is designed to prevent any individual stockholder or group of stockholders from gaining control of the Company through open market accumulation without paying a control premium to all stockholders or by otherwise disadvantaging other stockholders. Our Board and management team are open-minded to value creation opportunities, and we will continue to act in the best interests of all stockholders.

Our Board and management team have dedicated significant time and effort in 2022 towards understanding sustainability: what that means and how it can be actioned throughout the organization. Workshops were led both internally and by guest speakers, focusing on an array of sustainability topics, such as existing and upcoming disclosure requirements, regulatory changes, and proper steps to developing a long-term strategy around sustainability. These education sessions prepare us to embark on the next step of the sustainability journey, which is inherently incorporating sustainable practices into all our business decisions.

At International Seaways, capital allocation and financing initiatives fall under the jurisdiction of the Board and management. In 2020, we became the first NYSE-listed shipowner to incorporate a sustainability-linked pricing mechanism into a credit facility. This innovative approach aligns our financial activities with our sustainability goals, creating a direct link between our performance in sustainability and the cost of our credit facility. By integrating sustainability into our financing, we reinforce our commitment to responsible and environmentally conscious practices. In 2022, as we refinanced our senior secured debt, we further enhanced our sustainability-linked features to include seafarer safety metrics, in lost time incident frequency rates, and a measure of our commitment to sustainable principles as demonstrated by “green” capital expenditure, such as investments in energy savings initiatives in addition to our environmental impacts.

Our management team cooperates with the Board and works to manage ESG-related risks and opportunities. In the oversight of these activities, the Board’s Corporate Governance and Risk Committee regularly discusses the management team’s assessment of and steps to address possible risks to the organization. Management regularly updates the Board and its committees on evolving and emerging risks of our market, our commercial activities, our counterparties, cybersecurity, regulatory matters, and insurance. This cycle of risk identification, assessment, and mitigation was especially active in early 2022 from the immediate aftermath of Russia’s invasion of Ukraine, when the Board and management undertook a process to determine a proper response. Our decisions to stop trade with Russia, and our outreach efforts to Ukrainian victims, were a result of proactive governance protocols and collaboration between management and the Board.

International Seaways is committed to conducting business in a legal, ethical, and socially responsible manner. Our dedication to governance principles extends to the entire life cycle of our vessels, including our approach to vessel recycling. Our Recycling Policy outlines our support of the Hong Kong International Convention for the Safe and Environmentally Sound Recycling of Ships (the “Hong Kong Convention”, which was ratified in mid-2023 well after we adopted our Recycling Policy) and delineates our process for preparing a risk assessment, selecting an acceptable facility, and on-site monitoring of the recycling process.



Business Practices

Our Anti-Bribery & Corruption Policy and Code of Business Conduct & Ethics are clear, publicly available, and strictly enforced policies that serve as our guiding moral compass. They have been formally adopted by the Board of Directors and apply to all employees, including shore staff and seagoing personnel, outlining the minimum expected standards of behavior. We have a strict anti-corruption stance and prioritize regular anti-corruption training for shore staff and crew members, ensuring continuous awareness and adherence to ethical practices throughout the year.

We strictly prohibit all acts of bribery or corruption in any jurisdiction. To ensure accountability, we maintain an anonymous hotline where individuals can report any violations of our policies or ethics code. Compliance with relevant sanctions laws and regulations is a significant focus for us in all business transactions and sale and purchase activities.

In addition to our proactive efforts, we actively engage in various industry platforms to enhance our business measures. Members of our management team sit on the board of directors for leading industry groups including ITOPF and BIMCO. We are also proud members of the Marine Anti-Corruption Network (MACN). MACN is a global business network comprising over 100 members committed to obtaining the vision of an untainted maritime industry, free from corruption.

Our corporate governance program continues to stand out amongst our peers. 2022 marked our fifth year ranked in the top quartile of shipping companies rated by Webber Research (and the predecessor rankings by Wells Fargo) for ESG/corporate governance. Our superior governance consistently positions us at the forefront of our industry and directly correlates with stronger returns.

We strive to lead the way in the shipping industry. To do this, we remain dedicated to driving positive change, ensuring transparency and accountability, and fostering efficient business practices. We have a complete and absolute commitment to our guiding principle: the safe and reliable transportation of energy. We aim to set new standards, inspire industry-wide transformation, and shape a sustainable future for all stakeholders.

³ Data for 2021 and 2022 includes our chartered-in tanker fleet and lightering support vessels chartered in by Lightering LLC.

⁴ Calculation of Scope 2 emissions includes energy purchased for the New York City office location. The location-based method of calculation was used, based on US eGRID emissions factors for NYC in 2022 and a GWP-100 global warming potential. See additional information on the Scope 2 emissions in the Environmental section of this report.

⁵ EEXI does not enter into force until 2023. However, in 2022 we prepared for its implementation, and all our vessels will be EEXI-compliant. All EEDI-applicable vessels are EEDI-compliant.

⁶ SSI is the Ship Sustainability Index, which compares vessels' AER values to the Poseidon Principles trajectory. The fleetwide SSI weighs vessels' individual SSIs against operating days and deadweight.

⁷ Since the publication of our last ESG report, the Sea Cargo Charter has updated the method of alignment calculation in Version 2.2. This report compares our fleetwide performance against both versions.

⁸ As of 31 December.

	Accounting Metric	SASB Ref.	2020 Data	2021 Data	2022 Data
Environmental	Operating Days ³	[TR-MT-000.C]	13,041	34,652	30,677
	Scope 1 Emissions ³	[TR-MT-110a.1]	1,053,451 t CO ₂ -e	2,217,788 t CO ₂ -e	1,922,820 t CO ₂ -e
	Total Fleet Energy Consumption ³	[TR-MT-110a.3]	14,057,887 GJ	29,552,467 GJ	25,650,905 GJ
	Total Pollutant Emissions	[TR-MT-120a.1]	NO _x : 30,053 mt SO _x : 11,347 mt PM ₁₀ : 2,498 mt	NO _x : 63,159 mt SO _x : 21,183 mt PM ₁₀ : 5,138 mt	NO _x : 54,823 mt SO _x : 20,612 mt PM ₁₀ : 4,477 mt
	Scope 2 Emissions ⁴	Further Disclosure	--	--	17.59 t CO ₂ -e
	Number and Aggregate Volume of Spills and Releases to the Environment	[TR-MT-160a.3]	Spills: 0 Volume: 0 m ³	Spills: 0 Volume: 0 m ³	Spills: 0 Volume: 0 m ³
	% of Fleet using Exhaust Gas Cleaning Systems	Further Disclosure	27%	15%	15%
	% of Fleet using Low-Sulphur Fuel Oil	Further Disclosure	73%	85%	85%
	EEDI/EEI Compliance ⁵	Further Disclosure	100%	100%	100%
	Fleet AER	Further Disclosure	3.04 gCO ₂ /(MT-nm)	3.90 gCO ₂ /(MT-nm)	3.72 gCO ₂ /(MT-nm)
	Fleet SSI (AER) ⁶	Further Disclosure	0.99	0.98	1.01
	Fleet EEOI	Further Disclosure	5.22 gCO ₂ /(MT-nm)	7.81 gCO ₂ /(MT-nm)	8.01 gCO ₂ /(MT-nm)
	Fleet SSI (EEOI)	Further Disclosure	1.18	1.04	1.03 (SCC V1.3) 1.02 (SCC V2.2 ⁷)
Social	Lost Time Incident Rate	[TR-MT-320a.1]	0.45	0.15	0.49
	Bribery and Corruption Charges	[TR-MT-510a.2]	\$0	\$0	\$0
	Total Number of Marine Incidents % Classified as Very Serious	[TR-MT-540a.1]	0 / 0	0 / 0	0 / 0
	Number of Port State Control Deficiencies and Detentions	[TR-MT-540a.3]	43 / 0	92 / 0	105 / 1
	Average Port State Control Deficiencies per Inspection	Further Disclosure	--	--	0.55
Governance ⁸	Number of Shipboard Employees	[TR-MT-000.A]	719	2,000	1,736
	Number of Shoreside Employees	Further Disclosure	45	61	64
	Board Makeup (M / F%)	Further Disclosure	78 / 22	70 / 30	70 / 30
	Senior Management Makeup (M / F%)	Further Disclosure	83 / 17	83 / 17	83 / 17

Disclaimer

In this report, the Company may make forward-looking statements or provide forward-looking information. All statements other than statements of historical facts should be considered forward-looking statements. Although such statements reflect the Company's current expectations, these statements are not guarantees of future performance, but involve risks, uncertainties and assumptions which are difficult to predict. You should read the Company's most recently published Annual Report on Form 10-K, its Quarterly Reports on Form 10-Q, and other documents the Company has filed with the U.S. Securities and Exchange Commission for additional information regarding the Company, its operations and the risks and uncertainties it faces.

You may obtain these documents from the Company's website at www.intlseas.com. The Company does not undertake to update any forward-looking statements as a result of future developments, new information or otherwise.

This report is informed by metrics defined by the Sustainability Accounting Standards Board's (SASB) MARINE TRANSPORTATION: Sustainability Accounting Standard Sustainable Industry Classification Systems* (SICS*) TR-MT prepared by the Sustainability Accounting Standards Board (October 2018), as well as taking into account relevant disclosure metrics set out by "Reporting for Signatories, United Nations: Principles for Responsible investing (PRI) 2020." Supplemental disclosure metrics designed by Infrastructure Technical International Pte Ltd (ITI).

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All information is assumed to be correct at time of publication. Some metrics have been calculated through engineering calculations. ITI Network accepts no responsibility for the truthfulness, or validity of the reported metrics.

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