



NEWS RELEASE

August 30, 2018

ARC RESOURCES LTD. ANNOUNCES RELEASE OF 2018 SUSTAINABILITY REPORT

Calgary, August 30, 2018 (ARX - TSX) ARC Resources Ltd. ("ARC" or "the Company") announces the release of its 2018 Sustainability Report, which details the Company's environmental, social, and governance performance and the critical role that ARC's sustainability practices play in the Company's long-term strategy of risk-managed value creation.

The 2018 Sustainability Report is available on ARC's website at www.arcresources.com/responsibility.

"We are pleased to announce the release of our 2018 Sustainability Report, which highlights our leading environmental practices, commitment to corporate leadership, and accountability to our stakeholders," said Myron Stadnyk, President and CEO. "Responsible development has shaped the company we are today and underpins our thinking for continued long-term success. We have set a 25 per cent reduction target in our greenhouse gas intensity by the end of 2021, relative to our 2017 baseline, as we continue to deliver reliable and responsible energy to meet the world's growing energy needs. Our innovation and strong culture of integrity will continue to shape positive outcomes in the future."

The 2018 Sustainability Report marks ARC's tenth year of formal sustainability reporting. ARC publishes a full-length sustainability report on a biennial basis and in interim years, provides an update on performance for key sustainability metrics on ARC's website.

FORWARD-LOOKING INFORMATION AND STATEMENTS

This news release and ARC's 2018 Sustainability Report contain certain forward-looking information and statements within the meaning of applicable securities laws, including ARC's objective to reduce its greenhouse gas intensity by the end of 2021 relative to its 2017 baseline and the anticipated effects of ARC's business practices on future outcomes. The forward-looking information and statements contained in this news release and ARC's 2018 Sustainability Report reflect several material factors, expectations and assumptions which ARC believes are reasonable, but no assurance can be given that these factors, expectations and assumptions will prove to be correct. The forward-looking information and statements included in this news release are not guarantees of future performance and should not be unduly relied upon. Such information and statements involve known and unknown risks, uncertainties and other factors that may cause actual results or events to differ materially from those anticipated in such forward-looking information or statements. ARC's internal projections, expectations or beliefs are based on several plans and assumptions which are subject to change in light of ongoing results, prevailing economic circumstances, commodity prices and industry conditions and regulations. Accordingly, readers are cautioned that events or circumstances could cause actual results to differ materially from those predicted. The forward-looking information and statements contained in this news release and ARC's 2018 Sustainability Report speak only as of the date of these documents, and ARC does not assume any obligation to publicly update or revise them to reflect new events or circumstances, except as may be required by applicable law. Specific reference is made to ARC's 2018 Sustainability Report available at www.arcresources.com/responsibility and to ARC's most recent Annual Information Form available at ARC's website and as filed with the Canadian provincial securities regulatory authorities at www.sedar.com for a more detailed discussion of some of the assumptions and factors underlying the forward-looking information and statements and the risks that may affect ARC's ability to achieve the expectations set forth in the forward-looking information set forth in this news release.

ARC Resources Ltd. is one of Canada's largest conventional oil and gas companies with an enterprise value of approximately \$5.9 billion. ARC's common shares trade on the Toronto Stock Exchange under the symbol ARX.

ARC RESOURCES LTD.

Myron M. Stadnyk
President and Chief Executive Officer

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